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March 2016  
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# good food

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Middle East

## Eat local

**Making meals that are moral**

Dining sensibly to save the planet  
.....

**Celebrate Easter**

A deliciously different feast

**SPECIAL  
FEATURE**  
THE BBC GOOD  
FOOD ME  
AWARDS 2015

**PLUS :**



**TREATS FOR  
MOTHER'S DAY**



**ONE-TO-ONE WITH  
QUIQUE DACOSTA**

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# Welcome!

Quite scarily, as we progress through life our every day decisions hold the power to either maintain and prolong the livelihood of the earth we live on, or alternatively, add to the evermore common, human practice of being environmentally destructive. And, although the movement of sustainability across the food industry is said to have started years ago – there's an increasing need for awareness of it, particularly here in the Middle East, where waste of the world's natural resources is plentiful. Inside this 'Sustainability Issue' of *BBC Good Food Middle East*, you'll find advice on dining out sustainably across the city, and how to personally make an active effort to support the practice of sustainability, when cooking at home. As the lovely Leo said in his recent Oscar's acceptance speech – "let us not take this planet for granted".



It's so very important to cut down on food waste, support local farmers, and educate on endangered species (particularly fish), in order to ensure the longevity of our planet – every little helps, in and out of the kitchen. If you have stories of sustainable practices at home we'd love to hear them, so don't hesitate to share!

This month, you'll also find treats for spoiling your mum with on Mother's Day, which is taking place on March 6, in addition to delicious dishes for Easter on March 27 (*My Greek Easter feast*, pg64).

This issue also reveals the BBC Good Food Middle East Awards 2015 winners, who were awarded their trophies at a daytime ceremony on February 15 at the Habtoor Grand Beach Resort & Spa (pg78). In addition to a one-to-one with the 3 Michelin-starred, Spanish chef Quique Dacosta, who gives insight into his exciting avant-garde dining concept at the newly opened Enigma restaurant.

Whether you're celebrating a holiday, birthday, anniversary or simply just cooking dinner for your family this month, be sure to bear the world's wellbeing in mind when writing your shopping list – every little counts after all!

Enjoy the month of March, everyone!

*Sophie*  
Editor

## WHAT WE'RE LOVING!



"This shellfish soup makes for a perfect, hearty meal in itself," says sales manager, Carol.



"Brussels and blue cheese are quite distinct ingredients, and really combine well on this pizza," says sales executive, Liz



Sales manager, Michael says: "Scotch eggs are a childhood favourite of mine, so this pie has to be my pick this month!"





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## Our recipe descriptions

**V** Suitable for vegetarians

**❄️** You can freeze it

**❄️** Not suitable for freezing

**Easy** Simple recipes even beginners can make

**A little effort** These require a bit more skill and confidence – such as making pastry

**More of a challenge** Recipes aimed at experienced cooks

**Low fat** 12g or less per portion

**Low cal** 500 calories or less per main.

**Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

**Good for you** Low in saturated fat, low in salt.

**Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids

**1 of 5-a-day** The number of portions of fruit and/or veg contained in a serving

**Vit C** **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients

**GLUTEN FREE** Indicates a recipe is free from gluten

**Some recipes contain pork & alcohol.**

**These are clearly marked and are for non-Muslims only. Look for these symbols:**

**P** Contains pork

**A** Contains alcohol



# Your say

We love hearing from you!

**Win!**



The Winner of the Star Letter gets a LotusGrill Hamper from Tavola, The leading retailer of European products and essential items for kitchen. Tavola is a one-stop shop for bakeware, tableware, high quality cookware and premium brands such as Mauveil, Le Creuset, and Zwilling Kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

## Star Letter

I love nothing more than collecting BBC Good Food ME recipes, testing them and sharing them with people. On Valentine's Day when I returned home from work late evening, my husband and daughter were like two mad scientists in the kitchen conducting culinary experiments from your February issue, while also pouring over your earlier issues for ideas and tips. To my surprise they both managed to cook a fantastic dinner- zaatar crouton & halloumi pomegranate molasses (from the Lebanese Supper for Two feature), and pan-fried salmon and all in one, roasted vegetables (from pg37). My husband raising a toast said: "Here's how we stay happy and well-fed, Happy Valentine's Day!" He then confessed that they'd prepared the watermelon blossom drink without the ice (pg32) - not that it mattered, because it tasted so good and we drank all of it. We ended the day watching a family movie with sweet corn in my daughter's hand (a healthy swap for popcorn pg63). Thank you BBC Good Food ME! - Ruth Misquitta



Well, my New Year resolution to eat more healthily this year went out of the door the moment I saw the cover to your February issue! Who could resist those double chocolate profiteroles? For a dish that looks so spectacular, it was not that difficult to make and the addition of salt to the caramel cream made it extra special. This is going to be a regular treat in our apartment!

Mary Robinson



We are all used to the madness of life here in the Emirates - the pressure of work, the demands of family, the nightmare of traffic. So I found your piece on nutrients and the overview on

supplements really useful. This weekend I am going to sit down and really plan a balanced menu diary for the next week, based on the suggestions. A great help as we approach the summer - thanks!

Kavitha Kavi

Have always loved root veggies. Even so, I got new ideas from your great piece in the February issue! Love the photos, love the food! Thank you.



Sally Brown

## TALK TO US!

Email us on [feedback@bbcgoodfoodme.com](mailto:feedback@bbcgoodfoodme.com)  
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: **The Editor**, BBC Good Food Middle East, Grosvenor Business Tower, Tecom, Office 804PO Box 13700, Dubai, UAE.



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## QUESTION OF THE MONTH

This month is all about sustainability in the kitchen. Where should our home cooks be shopping for locally grown produce? And, are there any great, lesser-known items from local waters or land that they should be on the lookout for?

## Q &amp; A

**Darren Velvick**

*Head chef at The Croft, Dubai Marriott Harbour Hotel & Suites, the former patron chef of Table9 has also been head chef at two Michelin-starred restaurant, Marcus Wareing at The Berkeley, and worked alongside Gordon Ramsay at Pétrus.*

As a family we always go to the farmers market at Bay Avenue in Business Bay, it's not just for shopping - it's a social event. The kids play in the park as we catch up with people and talk to the farmers. You really feel that you are supporting them and their families rather than the big corporations. It's all local produce or from the surrounding town/villages so the carbon footprint is low. I'd recommend taking your own bags to cut down on all the plastic bags used there. In terms of fish, I'd say try local mackerel. I once did a blind tasting with it, versus mackerel from the UK and I honestly couldn't tell the difference. Not only is it sustainable, it's really reasonably priced and has been on my menu ever since.

Given that we live in a desert land, the last five years have seen our choices for local produce go from zero to a whole range of options. My very favourite place, and where I do all my vegetable shopping throughout the growing season, is direct from the local, organic farmers at The Farmers Market on the Terrace at Bay Avenue every Friday morning. The produce is super fresh, just harvested from the fields and you get to talk to the people who have grown it. There are things you don't see elsewhere like fresh moringa (fenugreek) leaves, different varieties of aubergine and courgettes and even mulberries and limes. My other sources for local veg are The Farmhouse at The Change Initiative and Greenheart. Also, a quick mention to locally smoked salmon from Salmontini for utmost quality.

**Sally Prosser**

*Author of award-winning food and travel blog mycustardpie.com and keen eater. Champion of sourcing local, ethical, seasonal ingredients, knowing where your food comes from and the impact it has on your health and the planet. Loves custard.*

**Tomas Reger**

*Award-winning freelance chef and food consultant. Originally from the Czech Republic, he started his culinary career in London. Founder of Tomas Reger Food Consultants, he is now the executive chef of Intersect by Lexus, DIFC.*

The best place to pick your weekly veggies is the Farmers Market on the Terrace at Bay Avenue. I believe all of us from the panel are regulars there. You get locally grown produce of good quality and the variety on offer is seasonal, therefore fresh. When it comes to supermarkets, go to Coop or Lulu in Barsha. In Coop especially, you get a good variety of local and organic produce for very good value. Saying that, being sustainable is not only about what you buy, but how well you are able to use it without creating extra waste. It is very easy to get carried away and buy far too much just because it is great quality and good value. Buy only as much as you need for your week and if you have extra left, process it by fermenting, freezing or dehydrating. Local ingredients worth trying would be frikeeh - it's a cereal from green wheat and I use it instead of rice or pasta.

Union Coops around the city tend to have a quick turn over with local vegetables and herbs. Then companies such as Ripe, and Greenheart excel around this time of year. Organic shop and cafés go the extra mile and source from Biodynamic organic farms and offer 20% off every third weekend. Always buy local organic veg that are easily available, such as cucumber, courgette, peppers, eggplant, tomatoes, and potatoes. Something else to try is local, organic camel milk. It's a sustainable alternative to cow milk in this region, as camels take much less feed to produce a superior, nutrient dense milk.

**Kate Fisher**

*A highly qualified and experienced nutritionist who is a trained microbiologist, and graduate of Nutritional Medicine from university of Surrey. Among other things she has worked with private clinics and food brands, as a nutrition consultant.*





# Flavours *of the* month

Here is what's hot and happening around town this month.

## New on the block

### ➤ **Burger & Lobster, DIFC**

London-based concept Burger & Lobster has made its Dubai debut in the Daman Building, DIFC. This outlet likes to keep things simple with a menu offering only three items: 10oz burgers, whole lobsters or lobster rolls, served with chips & salad. All that's left to do is take your pick. The burgers are made from cuts of corn-fed, Angus steak that contain natural marbling, while the lobster is wild and flown in live from the Atlantic Ocean. *Call 04-514 8838.*

### ➤ **Spice & Ice, JLT**

Set to open its doors this month, Spice & Ice will bring a new dynamic to the Indian culinary scene in Dubai with an eclectic assortment of contemporary Indian-themed dishes prepared using molecular gastronomy and liquid nitrogen served amidst a funky and fully-licensed urban lounge-style ambience. The outlet will also specialise in wider Pan-Asian cuisine. *Call 050 113 9432.*

### ➤ **Deliveroo, Dubai**

Established in London, the on-demand food delivery service has launched in Dubai and prides itself on quality and actually collects food orders from the restaurant and delivers it. Working with eateries including The Sum of Us, Mythos, Busaba Eathai, Circle Cafe, Toko, Fumé, Comptoir 102 and more, the service is available in most major Dubai neighborhoods. *Call 04-2753539.*

### ➤ **Chez Charles, Business Bay**

Gourmet catering company, Chez Charles, has launched a new food delivery service that aims to create and deliver Michelin star-quality food to offices and individuals in Dubai. Using only the freshest, handpicked seasonal products the new Chez Charles Daily Meals comprise starters, main courses and desserts, with the menu changing weekly. *Call 04-4577989.*



Burger & Lobster, DIFC

Text by SOPHIE MCCABRICK | Photographs SUPPLIED



### LAO, Waldorf Astoria Dubai Palm Jumeirah

Inspired by the ancient Lao tribe that populated South Asia in the first Millennium, LAO provides a culinary journey through Vietnam, Thailand, Cambodia, Indonesia and Malaysia - but more importantly, it's executive chef Jens Muenchenbach is currently championing the initiative of turning LAO into a sustainable restaurant. Currently in the first phase of the sustainability project; Chef Jens has begun the process with a garden outside of the restaurant, where several ingredients will be grown to incorporate into Lao's dishes, such as parsley, coriander, young spinach, spring onions and tomatoes. You're sure to taste the real freshness of food here. *Call 04-8182222.*



**Easter is on  
March 27!**

### Palm Grill, The Ritz-Carlton Dubai

Set beachside, Palm Grill has launched a new package called 'Catch & Grill', which includes a fishing trip aboard a yacht, a day pass for the pool and beach facilities, and lunch following the trip. The four-hour sport fishing experience begins at 7am where you board a 31-foot yacht, and enjoy breakfast. The boat's experts will then guide on how to fish for sustainable catch, with common species including, Barracuda, Orange Spotted Trevally, Ehrenberg's Snapper and Pink Ear Emperor. Once back at Palm Grill, fish will be grilled and served with seasonal vegetables and sweet potatoes, accompanied by a selection of signature appetizers and desserts. The Catch & Grill experience is available Sunday-Friday (lunch only on Fridays) and costs Dhs2,700 for two guests and Dhs350 for each additional guest. *Call 04-3186150.*

**Sustainable  
dining**



### The Cafe, Park Hyatt Abu Dhabi Hotel

There's nothing like an Easter egg hunt to keep the little ones entertained! Take them to search for delicious eggs hidden around Park Hyatt Abu Dhabi, while you feast on great fare at The Café brunch. With games and entertainment all day long, this is a family Easter brunch. With the soft drinks package priced at Dhs350 per person. *Call 02-4071234.*

### Atlantis The Palm, Dubai

Get cracking on an Easter feast at Atlantis, where Bread Street Kitchen & Bar and Saffron will be holding traditional Easter Friday brunches (priced at Dhs450 and Dhs535), while Nasimi Beach Club will be hosting a Saturday brunch on March 26. For those that fancy a more unique eggsperience, there will be an Easter afternoon tea at Plato's (from Dhs130) and an underwater afternoon tea at Ossiano (from Dhs295). An Easter BBQ Dinner at The Edge will also take place daily throughout the Easter break. *Call 04-4262000.*

### Amwaj Rotana, JBR

This Easter, celebrate with your loved ones at a family brunch on March 27, where you can expect to find egg-citing dishes and activities suited to the day. The al fresco brunch features a buffet with options including traditional dishes such as wellington pie, roast lamb and an assortment of desserts and puddings. There will also be an egg hunt, games, face painting and balloon making for children. Prices start from Dhs235. *Call 04-4282000.*

### Choix Patisserie and Restaurant par Pierre Gagnaire

Sweeten the memories with your mum over an authentic Parisian culinary experience, where you'll be served a special 3-tier afternoon tea. As you sip your tea, enjoy a selection of finger sandwiches, scones and pastries while being entertained by a live pianist in the lobby from 4:30 pm to 7:30 pm. Dhs275 for two with soft beverages. *Call 04-7011127.*

### Junoon, Shangri-la Dubai

Celebrate your Mother's endless love with a delicious 4-course, Indian dining experience, for Dhs250 per person. With a chaat selection to start, followed by atishi paneer and tandoori chicken, make sure you save room for mains. Choose from dishes of gosht do pyaza, Goan fish curry or kadi pakora, before indulging in desserts of chocolate coconut or green apple with cinnamon mousse. *Call 04-4052717. >>*



**Mother's Day  
is on  
March 6!**





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# Q&A Culinary

Expert advice  
for in and out  
of the kitchen



**Tomas Reger,**  
*executive chef at Intersect by Lexus, DIFC and  
founder of Tomas Reger Food Consultants,  
addresses your culinary dilemmas.*



**Q. To be more sustainable in the kitchen, which fish should I be purchasing at the fishmonger?**

Always stay up-to-date by visiting [choosewisely.com](http://choosewisely.com). There is a simple consumer guide, which tells you which fish are ok to eat and what fish are endangered by colour coding - green-orange-red. Try out less known variety of fishes - like sordid sweetlips (Yanam in Arabic) or yellow bar angel fish (Anfooz).

**Q. I want to start growing produce at home. Which herbs or veggies are easiest to start with?**

Check out Slow Food Dubai - they will guide you perfectly. Better yet, come to the Farmers Market on the Terrace and speak to Laura from Slow Food directly - you can also buy organic fertilised soil there, which will give you a great start. Once you get going, you can swap your plants there too.

**Q. I prefer brown rice to white, because it's healthier, but I can't seem to cook it right. What am I doing wrong?**

Practice makes perfect. Brown rice takes longer to cook - around 40-50 minutes - so adjust your timer at least 10 minutes longer than usual and keep checking. The grain/water quantity remains same. To every one cup of rice, you need two cups water. Also try wild rice - it is also a healthier choice - and needs less time to cook than brown and has more flavour.



**Kate Fisher,**  
*a highly qualified and experienced  
nutritionist who  
is a trained  
microbiologist,  
tackles your  
nutrition  
dilemmas.*

## Nutrition Q&A

**When I'm at social events, I struggle to stick to my healthy eating plan. How can I stop myself from snacking excessively when out?**

Always arrive at any social event satiated with your choice of food that will fuel you and keep you from dipping into canapés. This means you take control of hunger pangs and keep to plan concentrating on conversation and company. Always stand away from the buffet counter too!

**I've recently started working out. Is it worth drinking whey protein on days that I don't get enough protein**

To keep or gain muscle and stay anabolic is the goal past 30 years when the body steers towards Catabolic or break down of tissue/muscle accelerating exponentially as the years go by. Resistance workouts help keep this muscle mass an anti-ageing effect. So ensure to eat 1 gram protein for every kg you weigh each day. Hardcore workouts may need more bananas, probiotic yoghurt or fennel seeds.



Compiled by SURENIA CHANDE. Photographs: SHUTTERSTOCK



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# Tried & tasted

Each month, we review two of the city's top tables.

## New menus



**Reviewed by Sophie McCarrick**  
*Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.*

### Where: Rhodes W1, Grosvenor House Dubai

**What's it like:** If you're looking for a relaxed evening out with good quality, wholesome food - without the frills of a fine dining restaurant, Rhodes W1 is a great place to head. With this outlet, Gary Rhodes really does a fantastic job of creating a casual space without sacrificing on style and design. The interior is fresh with pops of yellow and lime touches

throughout, and the occasional, cheeky grass covered wall. It reminds me of a beautiful (very rare) summer day in the UK. My dining partner and I are here to check out the restaurant's recently launched new menu, which was inspired by Gary's worldly travels - so think British favourites with an international twist. Menu options include the likes of rich carrot risotto with Moroccan spice, and grilled Welsh lamb cutlets - and the

chefs really deliver when it comes to retaining the classic charm, while mixing in an extra kick of flavour. At dinner we enjoyed dishes of pan-fried seabass with shrimps, tomatoes and lentils (the fish cooked to melt-in-your-mouth perfection), and braised lamb skank with tomato and tarragon gravy - served with delicious creamed parsnips. If you have a sweet tooth, the dessert menu doesn't disappoint and is full of

traditional favourites (the type Nan used to make) - when met with a selection including warm apple crumble, rhubarb and custard, you know there's going to be room for dessert! All in all, it was a lovely, relaxed evening with humble, satisfying food!

**If you want to go:** Around Dhs300 per person for three-courses, excluding beverages. Call 04-3176000.



Photographs supplied and by REVIEWER



### Where: Cavalli Club Restaurant & Lounge, Fairmont Dubai

**What's it like:** Before I get started, please proceed with an open mind. I know you may think Cavalli is a flash nightclub suited to the high-end partygoers, but as was I, you'll be pleasantly surprised to find the dining options at Cavalli are fantastic - and with its recently launched new menu, now more accessible. The new prices are extremely reasonable, and no more than you'd pay on any other evening out. Inside, the atmosphere is relaxing and elegant - you'd not feel out of place if you fancied dressing up. For dinner, I enjoyed a starter (that I want to go back for)

of fresh, deliciously creamy Italian burrata with tomato confit, quinoa and pomegranate, followed by succulent lamb that was served with broccoli, spinach puree and truffle cacciatora sauce. Despite being quite full at this point, the 'chocolate surprise' that was to come for dessert was irresistible - incredibly nourish (and Instagram video worthy!). Paired with craft cocktails, this was a gorgeous dinner - ideal for a special night out with you partner or friends - especially if you're looking for a dance afterwards!

**If you want to go:** Around Dhs350 per person for three courses, excluding beverages. Call 04 3329260.





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KITCHEN 6



# Home Cooking

Inspiring recipes for easy everyday meals and stylish weekend entertaining



Mozzarella-stuffed meatballs in tomato sauce, p27

## IN THIS SECTION



\* Get creative with Brussel sprouts in the kitchen - they aren't just for Christmas, **P32**



\* When all you want is the taste of home comfort, these are the recipes to try, **P36**



\* Seafood is the super star of the show in these delicious recipes from the sea, **P48**



# Our BREAD revolution

Many of us are discovering (or rediscovering) the pleasure of handmade and homemade bread. If you've never made a loaf, our no-knead version will get you started. If you're a seasoned baker, we aim to inspire you with our brand-new recipes

Photographs Sam Stowell

No-knead  
beginner's loaf





## No-knead beginner's loaf

by **Miriam Nice**

This is an Italian-inspired bread to dip in balsamic vinegar, virgin olive oil and a sprinkling of sea salt. Traditionally this bread is long and slow to make, but I have adapted it to fit into my working day. It's also no-knead, and you don't even need a tin!

**EASY**  

**MAKES** 1 loaf (cuts into 10-12 slices) **PREP** 10 mins  
plus cooling and at least 9 hrs rising **COOK** 1 hr

**1/4 tsp fast-action dried yeast**

**500g/1lb 2oz strong white bread flour, plus extra for dusting**

**3-4 rosemary sprigs, leaves picked**

**2 tsp sea salt**

**2 tbsp olive oil**

**1** Pour 500ml warm water into a large bowl and sprinkle over the yeast. Stir to distribute the yeast, then add the flour, rosemary leaves and sea salt. Once everything is well mixed, cover the bowl with cling film and leave to rise overnight, or for 8-12 hrs.

**2** Once the dough has risen, brush the inside of another large bowl with the olive oil and dust with 1-2 tbsp flour. Carefully tip the bread into the floured bowl and dust the top with more flour. Cover again with cling film and leave to prove for 1 hr.

**3** Heat oven to 200C/180C fan/gas 6. Place a large casserole dish, small roasting tin or cake tin in the oven to heat up. When it's really hot, take it out of the oven and quickly tip in the dough. (The dish or tin should be hot enough that the dough will sizzle when it goes in.) Sprinkle with a little more flour and bake for 45 mins-1 hr or until the bread is risen, golden and, if you tap the crust with your knuckles, it sounds hollow.

**4** Turn the bread out onto a wire rack and leave to cool for 10-15 mins before slicing. Delicious served warm with olive oil, balsamic vinegar and sea salt flakes.

**PER SLICE** (12) energy 162 kcals • fat 2g • saturates none • carbs 29g  
• sugars none • fibre 1g • protein 5g • salt 0.8g



## Gluten-free chilli cornbread

by **Helen Barker-Benfield**

Whether you need to cut gluten out of your diet or simply want to reduce the amount of wheat you eat, this bread fits the bill. It's very easy – no yeast involved – and because it's best eaten super-fresh, it's an ideal loaf to make at home.

**A LITTLE EFFORT**   

**SERVES** 4-6 **PREP** 20 mins plus at least 2 hrs  
soaking **COOK** 30 mins

**200g/7oz polenta or fine ground cornmeal**

**284ml pot buttermilk**

**25g/1oz butter**

**1 red chilli, deseeded and finely chopped**

**1 tsp baking powder (look for a gluten-free one)**

**1/4 tsp bicarbonate of soda**

**50g/2oz frozen sweetcorn, defrosted**

**2 large eggs, beaten**

**1** Lightly toast the polenta in a dry frying pan for 3-4 mins, stirring to ensure even cooking, until the polenta has heated through, is fragrant and small patches are starting to turn golden brown. Take off the heat, tip half into a large bowl and add the buttermilk. Stir well, cover and leave to soak for 2-3 hrs.

**2** Melt the butter in a 25cm ovenproof frying pan (a cast-iron one is perfect) and heat oven to 220C/200C fan/gas 7. Stir the butter and the remaining ingredients, including the rest of the toasted polenta and 1/2 tsp salt, into the buttermilk and polenta mixture. (Don't wipe out the frying pan – the slick of butter will ensure the bread doesn't stick.)

**3** Put the pan back on the heat and turn up the temperature. Pour the mixture into the pan – it should sizzle as it hits it, like a Yorkshire pudding. Put the whole pan in the oven and bake for 15-20 mins until golden brown and firm in the middle. Leave to cool a little, then serve cut into wedges.

**PER SERVING** (6) energy 200 kcals • fat 6g • saturates 3g • carbs 29g • sugars 3g • fibre 1g • protein 7g • salt 1.0g



## Cheese & pesto whirls

by Cassie Best

These rolls are perfect for a picnic. Their fillings are baked into them – so, unlike sandwiches, they won't go soggy. They are also great with hot tomato soup.

**A LITTLE EFFORT**  

**SERVES** 12 **PREP** 40 mins plus cooling and at least 1½ hrs rising **COOK** 40 mins

**450g/1lb strong white bread flour, plus a little for dusting**

**7g sachet fast-action dried yeast**

**1 tsp golden caster sugar**

**2 tbsp olive oil, plus a drizzle**

**150g tub fresh pesto**

**240g tub semi-dried tomatoes, drained and roughly chopped**

**100g/4oz grated mozzarella (ready-grated is best for this, as it is drier than fresh)**

**50g/2oz Parmesan (or vegetarian alternative), grated**

**handful basil leaves**

**1** Combine the flour, yeast, sugar and 1½ tsp fine salt in a large mixing bowl, or the bowl of a tabletop mixer. Measure out 300ml warm water and add roughly 280ml to the flour, along with the olive oil, and start mixing until the ingredients start to clump together as a dough. If the dough seems a little dry, add the remaining water. Once combined, knead for 10 mins by hand on your work surface, or for 5 mins on a medium speed in a mixer.

The dough is ready when it feels soft, springy and elastic. Clean the bowl, drizzle in a little oil, then pop the dough back in, turning it over and coating the sides of the bowl in oil. Cover with some oiled cling film and set aside in a warm place to double in size – this will take 1-3 hrs, depending on the temperature.

**2** Line a baking tray with parchment. Uncover the dough and punch it down a couple of times with your fist, knocking out all the air bubbles. Tip out onto a floured work surface and dust the top with a little flour too, if it is sticky. Roll the dough out to a rectangle, roughly 40 x 30cm. Spread the pesto over the dough, then scatter over the tomatoes, both

cheeses and the basil. Roll the dough up from one of the longer sides, into a long sausage.

**3** Use a sharp knife to cut the dough into 12 even pieces. Place on the baking tray, cut-side up, in a 3-by-4 formation, making sure the open end of each roll is tucked in towards the centre on the arrangement – this will prevent them from uncoiling during cooking. Leave a little space between each roll as they will grow and touch as they prove. Loosely cover with oiled cling film and

leave to prove for 30 mins-1 hr until almost doubled in size again. Heat oven to 200C/180C fan/gas 6.

**4** Uncover the bread when it is puffed up. Bake on the middle shelf in the oven for 35-40 mins until golden brown and the centre looks dry and not doughy. Remove from the oven and leave to cool for at least 10 mins.

**PER SERVING** energy 293 kcals • fat 11g • saturates 3g • carbs 36g • sugars 8g • fibre 4g • protein 10g • salt 1.4g







## Seeded wholemeal loaf

by **Chelsie Collins**

This loaf is not just wholesome – it's really tasty and indulgent. The seeds add a lovely texture, while the black treacle gives it a rich flavour and golden colour.

Some 100% wholemeal loaves can be a bit heavy, so I've added spelt flour to lighten the texture. I love this bread toasted and spread with butter and marmalade, or topped with squashed avocado and poached eggs for brunch.

**A LITTLE EFFORT**  

**MAKES** 1 loaf (cuts into 10-12 slices) **PREP** 35 mins plus cooling and 1 hr 45 mins rising **COOK** 45 mins

**400g/14oz strong wholemeal bread flour**

**100g/4oz spelt flour**

**7g sachet fast-action dried yeast**

**1 tbsp black treacle**

**oil, for greasing**

**50g/2oz mixed seeds (I used pumpkin, sunflower, poppy and linseeds)**

**1 egg yolk, loosened with a fork**

**1** Combine both flours in a large bowl with the yeast and 1 tsp fine salt. Mix the treacle with 250ml warm water until well combined. Stir into the flour to make a slightly sticky dough. If you need to add more water, splash it in 1 tbsp at a time.

**2** Knead the dough on a lightly floured surface for 10 mins (or in a tabletop mixer for 5-7 mins). Your dough should be smooth and elastic when it's ready. Place the dough in a lightly oiled bowl, flip the dough over to coat it in oil, then cover with a sheet of oiled cling film. Leave in a warm place until doubled in size – this will take about 1 hr (see note, below). Lightly oil a 900g loaf tin.

**3** Once doubled in size, knead the dough again for 3-5 mins to knock out the air bubbles – add most of the seeds and work these into the dough as you knead. Shape the dough into an oval roughly the same length as your tin. Place in the tin and leave to prove, covered with oiled cling film, for 30-45 mins until it has nearly doubled in size again. Heat oven to 200C/180C fan/gas 6.

**4** Gently press a finger into the loaf to check if it has had enough proving time (see step 4 on page 26). When it's ready, glaze the top of the loaf with the egg yolk and sprinkle over the remaining seeds. Bake in the oven for 40-45 mins until golden brown – if you tip the loaf out of the tin and tap the bottom, it should sound hollow. Leave to cool on a wire rack for at least 30 mins before slicing.

**PER SLICE** (12) energy 173 kcs • fat 3g • saturates 1g • carbs 27g • sugars 2g • fibre 5g • protein 7g • salt 0.4g



## Tips for a stunning sourdough

■ The longer it takes a bread dough to rise, the more flavour it develops. For the best flavour and the slowest rise, leave the dough in the fridge – the cool temperature means that it will take longer for the yeast to work.

■ If you want to make this bread on a regular basis, keep back about 100ml of the starter and a small handful of the kneaded dough. Put the two together in a jar, keep it in the fridge and use as the base to your next starter and loaf. Repeat every time you make a loaf. The pre-fermented base to a new starter will give it even more of a sourdough flavour.

## Cheat's sourdough

by **Barney Desmazery**

If you've ever dabbled in sourdough, you'll know how it can take over your life – all that feeding and cossetting...

This overnight bread is based on French techniques: flour is initially mixed with cold water to form a 'starter', which gives the bread its characteristic, slightly tangy flavour.

**A LITTLE EFFORT**   

**MAKES** 1 loaf (cuts into 10-12 slices) **PREP** 30 mins plus at least overnight fermenting and rising

**COOK** 25-30 mins

### FOR THE STARTER

**100g/4oz strong white bread flour**

**100g/4oz organic dark rye flour**

**1/2 x 7g sachet fast-action dried yeast**

### FOR THE MAIN DOUGH

**400g/14oz strong white bread flour**

**1/2 x 7g sachet fast-action dried yeast**

**1** To make your starter, place all the ingredients in a bowl and add 250ml cold water. Mix together thoroughly with a spoon until you have a spongy mixture, then cover with cling film and leave at room temperature at least overnight, but up to 24 hrs if you have time.

**2** To make the bread dough, tip the ingredients

into a clean bowl and add 1 tbsp fine salt, 200ml cold water and your starter. Bring all the ingredients together to a dough, adding a splash more water if too stiff, then tip out onto a lightly floured surface and knead for at least 10 mins until smooth, elastic and springy (this will take 5-7 mins in a mixer with a dough hook). Place the dough in a clean, lightly oiled bowl, cover with cling film and leave until doubled in size – about 1 hr at room temperature, 3 hrs in the fridge (see tips, below).

**3** Tip the dough onto a floured surface and gently shape into a round – you don't want to knock too much air out of the dough. Dust a piece of baking parchment heavily with flour and sit the dough on top. Cover with a tea towel and leave to prove for 1 hr until doubled in size.

**4** Heat oven to 220C/200C fan/gas 7. Place a sturdy flat baking tray on the middle shelf of the oven and a smaller tray with sides underneath. Dust the dough with flour and slash with a utility knife (see pics, above). Slide the bread onto the hot tray on top and throw a few ice cubes (or pour some cold water) onto the tray below – this creates a burst of steam, which helps the bread form a nice crust. Bake for 25-30 mins until the loaf sounds hollow when tapped on the bottom. Leave the bread to cool completely.

**PER SLICE** (12) energy 172 kcs • fat 1g • saturates none • carbs 33g • sugars none • fibre 3g • protein 6g • salt 1.3g



# 6 steps to brilliant bread

## 1 How warm is 'warm water'?

Yeast is activated or brought back to life at 37C/100F (just above blood temperature). For most breads (except sourdoughs), which require long, cool fermentation, the water needs to be at least this temperature to get the yeast going. If you don't have a thermometer, the water should feel just warm, not hot, to the touch - if the temperature is too high, it will kill the yeast.

## 2 Make kneading a pleasure

Most breads require kneading (the process of stretching the dough) to develop the gluten and evenly distribute the ingredients. An easy way is to hold the dough with one hand and stretch it out over the work surface with the other, then bring it back to a ball and repeat with the other hand. Keep kneading until it has a smooth texture and can be stretched without tearing - this typically takes 10 minutes. Make it relaxing by turning on the radio and setting a timer.

It's possible to over-knead dough if you're using a tabletop mixer. The gluten can be stretched too far and start to 'shatter', resulting in a flat and heavy bread. If you're worried, stop the machine after 3 minutes and finish kneading by hand.

## 3 The secret of successful rising

Coat your dough with oil or cover it with oiled cling film while rising or 'proving' so that the surface doesn't dry out and form a skin. Most recipes call for the bread to double in size - this can take 1-3 hours, depending on the



temperature, moisture in the dough, the development of the gluten, and the ingredients used. Generally speaking, a warm, humid environment is best for rising bread.

For deeper flavour (and onvenience), most doughs can be put in the fridge for their second rise and left to prove overnight. This sounds wrong, given

that doughs rise fastest in warm conditions, but it really does work. Put the dough in the fridge straight after shaping, covered with oiled cling film. It will start to rise but slow down as the dough chills. In the morning, allow it to come back to room temperature and finish rising 45 minutes to 1 hour before baking as usual.

## 4 Is it ready?

To check that your dough has risen to its full capacity, gently press a fingertip into the surface - if the dough springs back straight away, it means the gluten still has some stretch in it, so you can leave it for a little longer. If the indentation left by your finger doesn't move, the gluten has stretched as much as it can and the dough is ready to bake.

Don't leave it any longer or the air bubbles will start to collapse, as the gluten will be unable to support them.

## 5 Knocking back

This is a technical term for punching or pressing down on the dough after the bread's first rise. This process bursts the tiny air bubbles that have formed in the dough and then forces them to reform again in the final shape you want, which results in a smoother texture. For some bread recipes - such as ciabatta - irregular holes are desired, so the dough is not knocked back.

## 6 When can you use a bread machine?

In theory, it's possible to do the first rise of most bread recipes in a machine, scaling the quantities to your machine and following its instructions for timings. However, you then need to finish, shape and bake the bread by hand.

Our recommendation is to use the bread machine for an everyday loaf, but to make it by hand for a really special bread.

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### **Cherry Blossom (1 - 31 March)**

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# Make it tonight

**OUR  
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- ✓ No more than 20 minutes prep ✓ Easy-to-find ingredients ✓ Freeze-ahead options  
 ✓ All under Dhs21 per serving Recipes KATY GILHOOLY Photographs MIKE ENGLISH AND TOBY SCOTT

## Veggie yakisoba with pickled ginger

EASY **V** **LOW FAT** FOLATE FIBRE VIT C IRON 3 OF 5 A DAY

**SERVES 4** **PREP 15 mins** **COOK 15 mins**

**50g/2oz ginger, peeled and sliced into long thin strips**

**3 tbsp rice vinegar or white wine vinegar**

**4 x 60g nests of egg noodles**

**2 tbsp sunflower or vegetable oil, for frying**

**½ red cabbage (about 400g/14oz), cored and finely shredded**

**1 head of broccoli, broken into bite-sized florets**

**3 garlic cloves, crushed**

**300g/11oz carrots, coarsely grated**

**4 tbsp teriyaki sauce**

**1 tbsp soy sauce, plus extra to serve**

**6 spring onions, sliced**

**1** Put the ginger in a small heatproof bowl and sprinkle with a pinch of salt. Heat the vinegar in a large saucepan until it just bubbles, pour over the ginger and set aside. Fill the same saucepan with water and put on to boil. Add the noodles and cook for 3 mins, then drain and rinse under cold water.

**2** Heat the oil over a high heat in a large wok or non-stick frying pan. Add the cabbage and broccoli, and cook, stirring, for 2 mins. Add 100ml water, cover with a lid and steam-cook for 4-5 mins. Remove the lid, add the garlic and carrots, and cook for another 2 mins. Add the teriyaki sauce, soy sauce and vinegar from the pickled ginger, then tip in the noodles and heat through. Scatter over the spring onions and serve with more soy sauce and the pickled ginger.

**PER SERVING** 467 kcs • fat 12g • saturates 2g •  
carbs 65g • sugars 21g • fibre 12g • protein 18g • salt 2.3g



**Easy Japanese noodle dish**  
**Dhs16 per serving**





## Carrot, celeriac & chorizo soup

**EASY** **LOW FAT** **LOW CAL** **FOLATE** **FIBRE** **3 OF 5 A DAY** **P**

**SERVES 4 PREP 15 mins COOK 30 mins**

**2 tbsp olive oil**  
**1 large onion, finely chopped**  
**3 garlic cloves, finely chopped**  
**6 thyme sprigs, leaves picked**  
**600g/1lb 5oz carrots, sliced**  
**600g/1lb 5oz celeriac (peeled weight), cut into 1.5cm dice**  
**2 litres/3½ pints hot chicken stock**  
**140g/5oz cured chorizo sausage, diced**  
**½ tsp smoked paprika**  
**crusty bread, to serve**

**1** Heat the oil in a large saucepan. Add the onion, garlic, thyme and a pinch of salt, then cook on a low heat for 8-10 mins until softened but not coloured. Add the carrots and celeriac, and cook for 10 mins more, stirring often. Add the chicken stock and simmer for 20 mins until the vegetables are soft.  
**2** Blend with a stick blender, then stir in the chorizo and paprika. Serve with the bread. *You can freeze the cooled soup in individual portions. Defrost for 8 hrs in the fridge before reheating.*  
**PER SERVING** 356 kcs • fat 15g • saturates 5g • carbs 21g • sugars 18g • fibre 16g • protein 25g • salt 2.2g

Dhs21 per serving



## Gourmet hot dog

**EASY** **P**

**SERVES 4 PREP 10 mins COOK 15 mins**

**8 good-quality beef sausages**  
**½ small red onion, cut into thin slices**  
**4-8 brioche hot dog rolls, depending on size, toasted**  
**4 tbsp sauerkraut, drained**  
**hot dog mustard, to serve**

**1** Heat grill to medium. Put the sausages on a rack in a grill pan and grill for 15 mins, turning frequently, until they are cooked through. Meanwhile, soak the onion slices in cold water for 10 mins, then drain and pat dry.  
**2** Once the sausages are cooked, split the hot dog rolls and put 1 tbsp sauerkraut in each. Put 1-2 sausages in each roll, then top with a squeeze of hot dog mustard and the red onion slices.  
**PER HOT DOG** 466 kcs • fat 30g • saturates 11g • carbs 29g • sugars 7g • fibre 2g • protein 19g • salt 3.7g

Dhs20 per serving



Dhs21 per serving

## Moroccan fishcakes

**EASY** **LOW CAL** **CALCIUM** **GOOD 4 YOU** **P**

**SERVES 4 PREP 20 mins COOK 50 mins**

**600g/1lb 5oz floury potatoes, such as Maris Piper, cut into even chunks**  
**300g/11oz skinless and boneless pollock, or other sustainable white fish**  
**300ml/½pt semi-skimmed milk**  
**2½ tsp ras el hanout (or ¼ tsp each paprika and cumin)**  
**zest 2 lemons, plus 2 tbsp juice, then cut into wedges to serve**  
**small pack dill or parsley, leaves finely chopped**  
**1 large egg, beaten**  
**85g/3oz dried breadcrumbs**  
**4 tbsp sunflower oil, for frying**  
**300g/11oz natural yoghurt**  
**100g bag of salad leaves, to serve**

**1** Put the potatoes in a saucepan and cover with cold salted water. Bring to the boil and cook for 18-20 mins until cooked but still holding their shape. Drain and leave to steam-dry, then mash. Meanwhile, put the fish in a saucepan and pour over the milk and 100ml water to just cover. Cover with a lid, bring to a simmer, then turn off the heat and leave to finish cooking for 10 mins. Remove the fish with a slotted spoon.  
**2** Mix 2 tbsp of the poaching milk into the potatoes with 2 tsp ras el hanout, the zest of 1 lemon, dill and some seasoning. Carefully mix the poached fish into the potato, keeping the flakes quite large. Shape into 8 flat fishcakes, then dip each into the beaten egg, then the breadcrumbs. *The fishcakes can be frozen at this stage for up to 2 months - open-freeze on a tray, then wrap individually in foil and put in a freezable container. Defrost for 8 hrs in the fridge.*  
**3** Heat oven to 200C/180C fan/gas 6. Heat the oil in a large non-stick ovenproof frying pan over a medium heat. Add the fishcakes and fry for 5 mins each side until golden and hot through. Transfer to the oven and cook for a further 8-10 mins until piping hot.  
**4** Meanwhile, mix the yoghurt with the remaining lemon zest, 2 tbsp lemon juice, ½ tsp ras el hanout and seasoning. *The sauce can be frozen in a freezer bag and defrosted for 8 hrs in the fridge. If it separates, whizz in a food processor.* Serve the fishcakes with salad and the sauce.  
**PER SERVING** 477 kcs • fat 18g • saturates 4g • carbs 50g • sugars 11g • fibre 3g • protein 28g • salt 0.9g





## Mozzarella-stuffed meatballs in tomato sauce

EASY VIT C 2 OF 5 A DAY

SERVES 4 PREP 20 mins COOK 1 hr

- 1 tbsp olive oil
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 3 rosemary or oregano sprigs, leaves finely chopped
- 2 x 400g cans chopped tomatoes
- 1 tsp golden caster sugar
- 500g/1lb 2oz beef mince
- 1/2 small pack flat-leaf parsley, finely chopped, plus extra to serve
- 50g/2oz mozzarella, drained and cut into 16 pieces
- 375g/13oz spaghetti or other pasta, to serve
- 25g/1oz Parmesan shavings, to serve (optional)

**1** Heat the oil in a medium saucepan. Add the onion, garlic, rosemary or oregano and a pinch of salt, cover with a lid and cook over a low heat for 10 mins until softened. Tip in the tomatoes with the caster sugar and simmer, uncovered, for 30 mins (or longer if you have time).

**2** Meanwhile, make the meatballs. Mix the mince

with the parsley and seasoning, then divide into 16 pieces. Flatten one of the pieces in the palm of your hand and put a piece of mozzarella in the middle, then close the mince around the cheese to make a meatball. Repeat with the remaining mince and mozzarella. You can *open-freeze the meatballs on a tray. Once solid, transfer to an airtight freezer bag or container and wrap the container in foil. The cooked tomato sauce, once cooled, can be frozen separately in a freezer bag or container. Defrost the meatballs and sauce in the fridge for 8 hrs, then cook as below, reheating the sauce in a pan.*

**3** Heat oven to 180C/160C fan/gas 4 and line a baking tray with baking parchment. Bake the meatballs for 20-25 mins until cooked through and the mozzarella in the centre has melted.

**4** Put a large pan of salted water on to boil and cook the pasta following pack instructions. Add the cooked meatballs to the hot tomato sauce, then serve with the pasta and Parmesan shavings, scattering over more chopped parsley, if you like.

**PER SERVING** 400 kcals • fat 26g • saturates 11g • carbs 10g • sugars 8g • fibre 3g • protein 30g • salt 0.7g

## Parsnip, rosemary & hazelnut risotto

EASY V LOW FAT FIBRE 2 OF 5 A DAY GOOD 4 YOU

SERVES 4 PREP 15 mins COOK 30 mins

- 500g/1lb 2oz parsnips, peeled, cored if large and chopped into 1cm/1/2in dice
- 2 tbsp olive oil
- 1 tbsp maple syrup
- 2 rosemary sprigs, leaves finely chopped
- 2 litres/3 1/2 pints vegetable stock
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 350g/12oz arborio risotto rice
- 25g/1oz Parmesan (or vegetarian alternative), finely grated, plus extra to serve
- TO SERVE**
- 25g/1oz hazelnuts, toasted and roughly chopped
- small pack flat-leaf parsley, finely chopped

**1** Heat oven to 200C/180C fan/gas 6. Toss the parsnip cubes with 1 tbsp olive oil, the maple syrup, half the chopped rosemary and some seasoning. Spread out on a large non-stick

baking sheet and roast in the oven for 20-25 mins until golden and caramelised. Heat the stock in a large saucepan and keep simmering gently.

**2** Heat the remaining oil in a shallow saucepan. Add the onion, garlic and the rest of the rosemary, and cook on a low-medium heat for 5 mins until softened but not coloured. Tip in the rice and cook for 1-2 mins until hot. Add a ladleful of stock and stir constantly. Continue to add the stock gradually until the rice is cooked, about 18 mins.

**3** When the rice is nearly cooked, stir in the parsnips and season. Take off the heat, add another splash of stock and stir in the Parmesan. Cover and leave for 2 mins, then serve with the nuts and parsley sprinkled over, and with extra Parmesan, if you like.

**PER SERVING** 511 kcals • fat 9g • saturates 1g • carbs 92g • sugars 16g • fibre 11g • protein 10g • salt 1.3g







Dhs18 per serving

## Curried butternut squash pies

EASY V FOLATE FIBRE VIT C IRON 2 OF 5 A DAY

MAKES 4 PREP 20 mins COOK 1 hr 10 mins

**4 tbsp mild curry paste**  
**400ml can coconut milk**  
**1 large butternut squash (about 1kg/2lb 4oz), peeled, deseeded and cut into 2cm<sup>3</sup>/<sub>4</sub>in chunks**  
**plain flour, for dusting**  
**500g block puff pastry**  
**300g/11oz frozen peas**  
**<sup>1</sup>/<sub>2</sub> small pack coriander, roughly chopped**  
**1 egg, beaten**

**1** Heat a large saucepan over a low heat. Add the curry paste and fry for 1 min, then pour in the coconut milk and bubble for 2 mins. Stir in the butternut squash, and simmer for 15-20 mins until the squash is softened but still holding its shape. Tip the squash and sauce into a bowl and leave to cool completely.  
**2** Dust the work surface and a rolling pin with flour and roll the pastry to 3mm thickness. Stir the peas and coriander into the cold squash, then

divide the mixture between four individual pie dishes. Brush the rims of the pie dishes with a little egg, and stick thin strips of pastry onto them. Cut out four circles large enough to cover the dishes. Brush the pastry strips with egg, then stick the lids on top of the strips. Trim the lids with scissors, then press the edges down with the back of a fork. Make a few slits in the centre of the lids and brush with egg. If you're not freezing the pies, continue to step 4.  
**3** Can be frozen, uncovered, at this stage. Once solid, wrap in 2 layers of foil and return to the freezer. If your pie dishes are metal, bake the pies from frozen at 200C/180C fan/gas 6 for 25 mins, then at 180C/160C fan/gas 4 for another 25 mins. If your dishes are Pyrex or ceramic, defrost the pies in the fridge for 8 hrs before baking, otherwise the dishes might crack in the oven.

**4** To bake, heat oven to 200C/180C fan/gas 6 and cook for 35-40 mins until the top is risen and golden, and the filling is hot.

**PER PIE** 858 kcals • fat 53g • saturates 30g • carbs 73g • sugars 14g • fibre 10g • protein 18g • salt 1.6g

## Bombay spiced pies

EASY V FOLATE FIBRE VIT C 1 OF 5 A DAY GOOD 4 YOU

before frying

SERVES 4 PREP 20 mins COOK 30 mins

**1 large cauliflower (about 500g/1lb 2oz)**  
**2 tsp garam masala**  
**1 tsp ground turmeric**  
**3 tbsp olive oil**  
**large thumb-sized piece ginger, peeled and finely grated**  
**3 large garlic cloves, crushed**  
**1 tbsp yellow mustard seeds**  
**2-3 large potatoes, such as Maris Piper (about 600g/1lb 5oz), cut into cubes**  
**1 vegetable stock cube**  
**150g pot low-fat yoghurt**  
**2 x 250g pouches ready-to-eat basmati rice, mango chutney, and chopped coriander to serve (optional)**

**1** Heat oven to 200C/180C fan/gas 6. Cut the leaves from the cauliflower and separate the softer, dark green leaves from their hard stalks. Roughly chop the

leaves and finely chop the stalks, keeping them separate. Set aside. Cut the head of the cauliflower into small bite-sized pieces and tip onto a non-stick baking tray. Mix the garam masala, <sup>1</sup>/<sub>2</sub> tsp turmeric, 2 tbsp olive oil and some seasoning, and toss with the cauliflower. Roast for 20 mins until golden.

**2** Meanwhile, heat the remaining oil in a large saucepan over a medium heat. Add the chopped cauliflower stalk, the ginger, garlic, remaining turmeric and the mustard seeds, and fry for 1-2 mins. Add the potatoes and fry for another 3-4 mins, then add enough water to just cover. Crumble over the stock cube, cover with a lid and simmer for 15 mins until the potato is just cooked. Uncover, stir in the chopped cauliflower leaves, roasted cauliflower and 100g of the yogurt, and simmer for another 2 mins.  
**3** Heat the rice following pack instructions. Serve with the aloo gobi, yoghurt and mango chutney, scattering over the coriander, if you like.

**PER SERVING** 281 kcals • fat 11g • saturates 2g • carbs 32g • sugars 7g • fibre 6g • protein 10g • salt 0.9g



Dhs19 per serving





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**Dhs20  
per serving**

## Mushroom gnocci

**EASY** **V** **FIBRE** **10G A DAY** **NO**

**SERVES 2 PREP 10 mins COOK 10 mins**

**100g/4oz unsalted butter**  
**250g/9oz chestnut mushrooms, sliced**  
**8 sage leaves, 4 finely chopped,**  
**4 left whole**  
**500g bag gnocchi**  
**25g/1oz Parmesan (or vegetarian**  
**alternative), finely grated**

**1** Bring a large pan of salted water to the boil. Melt a small knob of the butter in a large frying pan over a medium heat and tip in the mushrooms and chopped sage. Season and fry for 3-4 mins until golden brown and softened, then remove from the

pan and set side. Leave the pan to cool down slightly.

**2** Drop the gnocchi into the boiling water and cook for 2 mins, or following pack instructions. Drain, reserving the cooking water. Meanwhile, put the rest of the butter and the whole sage leaves in the frying pan and cook over a low heat for 2-3 mins until the butter melts and turns a nutty brown colour.

**3** Quickly tip in the mushrooms and a splash of the cooking water, bubble for a few secs, then stir in two-thirds of the Parmesan and the gnocchi. Check the seasoning, divide between two plates and serve sprinkled with the remaining Parmesan.

**PER SERVING** 766 kJ • fat 45g • saturates 28g • carbs 69g • sugars 1g • fibre 6g • protein 18g • salt 2.3g



**Dhs19 per serving**

**gf**

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everyday  
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## Spelt & sweet potato burger

**EASY** **V** **2 OF 5 A DAY** **FIBRE** **NO** uncooked

**MAKES 4 PREP 15 mins COOK 20 mins**

**700g/1lb 9oz sweet potato (unpeeled weight), cut into 3cm/1¼in chunks**  
**250g pouch ready-to-eat spelt**  
**½ tsp paprika**  
**½ tsp ground cumin**  
**100g/4oz feta, crumbled**  
**1 tbsp sunflower or vegetable oil, for frying**  
**4 brioche burger buns, toasted on a griddle pan**  
**1 Baby Gem lettuce, leaves separated**  
**ketchup, mayo or chilli sauce, to serve**

**1** Put the sweet potato in a microwaveable bowl with 1 tbsp water. Cover with cling film, pierce and cook for 5 mins on High in the microwave. Remove, leave to sit for 1 min, then cook for another 5 mins until very soft. Once cooked, drain and mash the sweet potato, then mix in the spelt, paprika, cumin and some seasoning. Add the feta and gently mix in. Divide the mixture into four and shape into burger patties. You can freeze the uncooked burgers for up to 2 months (freeze in the same way as the Moroccan fishcakes on p107).

**2** Heat the oil in a large non-stick frying pan and add the burgers. Fry over a medium heat for 3-4 mins each side until golden and hot through. Serve in the burger buns with the lettuce and sauce.

**PER BURGER** 506 kJ • fat 17g • saturates 7g • carbs 71g • sugars 20g • fibre 9g • protein 13g • salt 1.5g





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Brussels & blue  
cheese pizza

# Let's eat more... sprouts

Brussels sprouts are for life, not just for Christmas, says **Jane Hornby**, food writer and sprout lover

Photographs Sam Stowell



Sprouts with pork  
& peanuts







An American journalist once told me, in no uncertain terms, that sprouts were 'a marginal vegetable at best'. I defended our little green friends the best I could, but he wasn't having it. I'm sure he's eating his words (and sprouts) these days, as the once infamous brassicas now enjoy global popularity far beyond turkey and trimmings.

To find out why, just look to kale. This ugly duckling of the veg world turned into a swan a few years back, as the trend for healthier cooking with affordable ingredients took hold. A little culinary imagination transformed kale's fortunes, and now it's the turn of sprouts.

But even the most ardent sprout fan will admit that the little green buttons (the official growers' name, cutely enough) have a unique problem - a certain bitterness. The way to deal with this is to play to their strengths with big, complementary flavours and sympathetic cooking. So I'm all for bacon, chestnuts and butter, but so many other options jump from the storecupboard...



### Brussels & blue cheese pizza

Baked in the style of an Alsatian white pizza (without tomato sauce), the sprouts in this

recipe almost gratinate in a puddle of blue cheese and mascarpone.

**EASY** **V** **FIBRE** **❄️** Unbaked pizza dough only

**SERVES 2** **PREP** 10 mins plus rising **COOK** 10-12 mins

**1 tbsp semolina, or plain or strong flour**  
**220g pack ready-made pizza dough,**  
**or use 1 x 250g ball Homemade pizza**  
**dough (recipe, right)**

**2 tbsp extra virgin olive oil**

**2 garlic cloves, crushed**

**140g/5oz Brussels sprouts, shredded**

**3 tbsp mascarpone**

**75g/2½oz soft blue cheese, such as**  
**Gorgonzola (or vegetarian alternative)**

**1** Heat oven to 240C/220C fan/gas 9 and slide a baking sheet onto the top shelf. Dust another baking sheet with some of the semolina or flour.

**2** If using ready-made dough, prepare following pack instructions. If you've made your own, it should be risen, shaped and rested at this point. Dust the work surface with a little semolina (try not to use too much as this reduces grip), then roll the dough into a rough oblong about 30cm long. Lift onto the baking sheet and reshape if you need to.

**3** Mix the oil and garlic with seasoning, then toss in the sprouts. Spread 2 tbsp mascarpone over the dough, leaving the edges free, then scatter with the sprouts. Dot with the blue cheese and the

remaining mascarpone. Grind over some black pepper, then let the pizza rise for 10 mins at room temperature. Slide the whole thing, baking sheet and all, on top of the hot sheet in the oven and bake for 10-12 mins until golden.

**PER SERVING** 738 kcal • fat 42g • saturates 20g • carbs 65g  
 • sugars 4g • fibre 7g • protein 20g • salt 0.7g

### Homemade pizza dough

**EASY** **V** **❄️**

**MAKES** 2 pizza bases (approx 250g/9oz each)

**PREP** 20 mins plus at least 1 hr rising and resting **NO**  
**COOK**

**300g/11oz '00' flour or use strong bread**  
**flour, plus extra for kneading**

**1 tsp fast-action dried yeast**

**2 tbsp extra virgin olive oil, plus extra for**  
**greasing**

**1** Mix the flour, yeast and ½ tsp salt in a large bowl. Pour in 200ml warm water and the oil, then mix to a rough dough and set aside for 5 mins. It should now feel damp but not overly sticky.

**2** Flour the work surface and your hands, then knead the dough for 5-10 mins. Place in an oiled bowl, cover with oiled cling film, and leave to rise until doubled in size, either for 1 hr in a warm room or overnight in the fridge.

**3** Divide the dough in half, shape into rounds, then leave for 15 mins - if the dough has been in the fridge, it may need to sit for longer. *To freeze for up to 1 month, put in an oiled food bag and squeeze out most of the air before sealing. Defrost in the fridge, roll out and use.*

**PER PIZZA BASE** 641 kcal • fat 13g • saturates 2g • carbs 111g  
 • sugars 2g • fibre 6g • protein 17g • salt 1.3g

### Tip

Leaving the dough to rise overnight in the fridge will boost the flavour, plus you'll be able to whip up a pizza quickly the next day.



### Sprouts with pork & peanuts

Sprouts are made for stir-frying, each one an equal size, quick to cook,

and they go so well with soy sauce, garlic and ginger. If you prefer, you could use chicken, tofu or prawns instead of pork.

**EASY** **FOLATE** **FIBRE** **VIT C** **1 OF 5 A DAY** **P**

**SERVES 4** **PREP** 15 mins **COOK** 15 mins

**1 pork tenderloin (400-450g/14oz-1lb)**

**1 tbsp cornflour**

**5 tbsp light soy sauce**

**2 tbsp Chinese black rice vinegar or**  
**balsamic vinegar**

**2 tbsp golden caster sugar**

**1 tbsp Chinese rice wine or dry Sherry**  
**vegetable oil, for stir-frying**

**4 tbsp unsalted peanuts**

**400g/14oz Brussels sprouts, trimmed**  
**then halved, or quartered if large**  
**thumb-sized piece ginger, shredded**

**3 garlic cloves, thinly sliced**

**½ tsp chilli flakes or a few whole small**  
**dried chillies**

**1 tsp sesame oil and sticky rice, to serve**

**1** Trim any silvery sinew from the pork, then slice the meat into thin medallions. Mix the cornflour with 2 tbsp of the soy, add the pork and toss to coat. Set aside for 5 mins. Stir together the rest of the soy, the vinegar, sugar, rice wine and 2 tbsp water. Let the sugar dissolve.

**2** Heat 1 tsp oil in a wok or frying pan. Fry the peanuts for 1-2 mins, stirring often, until toasted and golden, then set aside in a dish. Add 1 tbsp oil to the pan, and stir-fry the pork for 3-4 mins until golden but not completely cooked through. Set aside.

**3** Wipe out the pan if needed, then add another 1 tbsp oil and stir-fry the sprouts over a high heat for 5 mins, adding 1 tbsp water at the end to provide a shot of steam. They should be bright green and just tender, but not soft. If the pan seems dry, add another 1 tsp oil, then tip in the ginger, garlic and chilli. Sizzle for 1 min, then add the sauce, pork and any resting juices. Simmer for a few mins until the sauce thickens and the pork is cooked through. Scatter with the nuts, drizzle over the sesame oil and serve with rice.

**PER SERVING** 391 kcal • fat 18g • saturates 4g • carbs 21g • sugars 15g • fibre 7g • protein 33g • salt 4.0g





### Sprout salad with citrus & pomegranate

Sprouts are a good alternative to cabbage or kale in slaws and salads, but as they lack a definitive crunch or hot pepperiness, it's best to let them mingle with their dressing for a while. A processor makes the shredding super quick.

**EASY** **V** **VIT C** **TOP 5 A DAY** **GLUTEN FREE** **UK**

**SERVES** 4-6 **PREP** 10 mins plus chilling  
**COOK** 10 mins

#### FOR THE SALAD

**50g/2oz blanched hazelnuts**  
**1 heaped tsp cumin seeds**

**1 small red onion, finely chopped**  
**400g/14oz Brussels sprouts,**  
**shredded with a processor or**  
**by hand**

**handful coriander, torn (optional)**  
**100g/4oz pomegranate seeds**

#### FOR THE DRESSING

**zest 1 orange, plus 2 tbsp juice**  
**zest and juice 1 lemon**

**3 tbsp rice wine vinegar (or use cider**  
**vinegar with a pinch more sugar)**

**1 tbsp golden caster sugar**

**5 tbsp olive oil**

**2 tsp wholegrain mustard**

**1** Set a frying pan over a medium heat, add the hazelnuts and toast for about

8 mins until golden here and there. Tip onto a plate or baking tray and set aside to cool. Toast the cumin seeds in the same pan for 30 secs until fragrant, then remove from the heat. Whisk all the dressing ingredients into the pan with the cumin seeds. Season generously, add the onion and set aside.

**2** Roughly chop the hazelnuts. Pile the shredded sprouts into a large bowl, pour over the dressing and toss very well. Set aside for 10 mins, or up to 1 hr in the fridge. Fold in the coriander (if using), the pomegranate and hazelnuts before serving.

**PER SERVING** (6) 214 kJ • fat 16g • saturates 2g • carbs 11g • sugars 10g • fibre 5g • protein 4g • salt 0.2g



# *Kitchen comforts*

Buttery, cheesy, creamy! **Barney Desmazery** creates five decadent dishes designed to cheer up dinner time every day Photographs Philip Webb



Melty cheese & potato pie







Quick roast chicken & homemade  
oven chips with Kiev butter





## Melty cheese & potato pie

Once baked, this gooey cheese in pastry becomes molten like fondue – pure decadence. Drawing from the ultimate après-ski comfort food classic tartiflette, I've added some creamy sliced potatoes.

**A LITTLE EFFORT**   

**SERVES** 8-10 **PREP** 40 mins **COOK** 35 mins

**750g/1lb 10oz floury potatoes (such as King Edwards), sliced**

**100ml/3½ fl oz crème fraîche**

**pinch of freshly grated nutmeg**

**plain flour, for dusting**

**2 x 375g blocks of all-butter puff pastry**

**250g/9oz round Camembert (or vegetarian alternative)**

**1 egg, beaten**

**FOR THE SALAD**

**1 shallot, finely chopped**

**2 tsp Dijon mustard**

**2 tbsp red wine vinegar**

**100ml/3½ fl oz olive oil**

**500g chicory (I used red and white for colour contrast), leaves separated**

**1** Heat oven to 220C/200C fan/gas 7.

Tip the potatoes into a pan of cold water,

bring up to the boil and cook for 2 mins. Drain well, tip back into the saucepan and mix with the crème fraîche. Season, sprinkle over the nutmeg and set aside.

**2** Dust your work surface with flour, roll the first block of pastry to a circle about 28cm wide and place on a baking tray. Arrange a third of the potatoes in the middle of the pastry, then sit the cheese on top. Pile the rest of the potato around the cheese, leaving a 1cm border at the edge of the pastry.

**3** Roll the remaining pastry out to a circle about 30cm wide, dusting with more flour if needed. Brush the edges of the pastry on the tray with egg, then drape over the larger circle and seal the sides well, crimping as you go round. A tight seal is important to stop the cheese escaping.

**4** Brush all over with egg and lightly score a spiral into the pastry with the back of a knife. Bake the pie for 30 mins until golden brown and puffed up. As soon as the pie comes out of the oven, glaze with a little more egg and leave to cool for 5 mins.

**5** Meanwhile, whisk the shallot, mustard, vinegar and oil together. Place the chicory in a bowl and toss with the dressing. Serve the pie cut into oozy wedges, with the salad on the side.

**PER SERVING** (10) 555 kJals • fat 38g • saturates 17g • carbs 38g • sugars 2g • fibre 3g • protein 12g • salt 1.2g



As a cook, I get a lot of pleasure from creating food that makes people happy. These new recipes are guaranteed to cheer – they take indulgence to another level, with favourite flavours and layers of rich, comforting ingredients.

Of course they're not for every day – they're the ultimate treat and made for sharing. Whether your guilty pleasure is creamy, cheesy, salty or crispy (or a combination), you'll find something here to leave you feeling blissfully happy.

**Barney Desmazery**



## Quick roast chicken & homemade oven chips with Kiev butter

If you roast a chicken low and slow, it becomes very tender, but if you roast it high and fast, like this one, you essentially replicate a spit-roast – and the result is super succulent.

I've intensified the flavour by seasoning it with a very trendy chicken salt.

**EASY** 

**SERVES** 4 **PREP** 20 mins **COOK** 1 hr

**1 small chicken (about 1.25kg/2lb 12oz)**

**FOR THE KIEV BUTTER**

**1 large garlic clove, crushed**

**¼ small pack parsley, finely chopped**

**2 tbsp lemon juice**

**100g/4oz unsalted butter, at room temperature**

**FOR THE CHICKEN SALT**

**cube chicken bouillon, crumbled**

**2 tbsp flaky sea salt**

**1 tsp smoked paprika**

**FOR THE CHIPS**

**900g/2lb Maris Piper potatoes (about 4 medium potatoes)**

**3 tbsp olive oil**

**1** First, make the Kiev butter. Beat the garlic, parsley and lemon juice into the butter along with some seasoning. Place the butter on a piece of cling film, roll into a log, then chill in the fridge until needed. Make the chicken salt by mixing all the ingredients together in a small bowl, then set aside. *The butter and salt can be made up to two days ahead.*

**2** For the chips, cut the potatoes into thick finger-sized wedges and put in a pan of cold water. Bring to the boil and simmer for 5 mins until just cooked. Carefully drain, place on a tray and allow to cool.

**3** Heat oven to 220C/200C fan/gas 7. If you have one, sit the chicken on a trivet or wire rack set over a small roasting tin. If you don't have either, then just put your chicken in the roasting tin. Trim two slices of the chilled butter, gently

lift the skin away from the breast of the chicken, and push the butter underneath on both sides. Season the chicken all over with a third of the flavoured salt.

**4** Put the chicken in the oven and roast for 20 mins, then remove and turn it over so that it is breast-side down. Return to the oven for a further 20 mins. Remove it from the oven and turn breast-side-up, then cook for a final 20 mins until crispy and golden.

**5** Meanwhile, put the oil in a baking tray and place in the bottom of the oven. Toss the cooled chips in a third of the salt, then carefully place in the hot oil, turning them until completely coated. Roast for 45 mins, turning occasionally.

**6** Remove the chicken from the oven and leave to rest for 5 mins. Cut the chicken into portions and place on a platter with slices of the butter melting over each portion. Serve with the chips and the remaining chicken salt.

**PER SERVING** 756 kJals • fat 47g • saturates 19g • carbs 37g • sugars 2g • fibre 4g • protein 43g • salt 4.8g

### Tip

The juices from the chicken are perfect for making gravy. Add a glass of white wine to the tin, bring to the boil and scrape the bottom of the tin with a wooden spoon. Sieve the gravy into a jug to serve.



## Vincisgrassi (Wild mushroom & prosciutto lasagne)

This deluxe lasagne was the signature dish at The Walnut Tree Inn, in Wales, when the Italian chef Franco Taruschio and his wife, Anne, owned it. I was lucky enough to eat Franco's version – which was inspired by an 18th-century recipe – and it remains to this day one of the best pasta dishes I've ever eaten.

At the restaurant, the dish was made with wild mushrooms and expensive truffles. I've tweaked the recipe to make it more achievable and affordable.

**A LITTLE EFFORT** **CALCIUM**  **P**

**SERVES** 6-8 **PREP** 20 mins plus soaking

**COOK** 50 mins

**500ml/18fl oz chicken stock**

**30g pack dried porcini mushrooms**

**2 tbsp olive oil**

**100g/4oz butter**

**1 bay leaf**

**300g/11oz Portobello or chestnut mushrooms, halved and sliced**

**1 garlic clove, crushed**

**75g/2½oz plain flour**

**500ml/18fl oz hot full-fat milk**

**100ml/3½fl oz double cream**

**140g/5oz prosciutto, roughly shredded**

**handful flat-leaf parsley leaves, chopped**

**12 sheets fresh lasagne**

**140g/5oz Parmesan, about two-thirds finely grated, the rest shaved truffle oil (optional)**

**1** Pour the stock into a saucepan, bring to the boil and tip the dried mushrooms into a heatproof bowl or jug. Pour over the hot stock and leave to soak until it has been absorbed and the mushrooms have cooled. Drain the mushrooms over a bowl, pressing down on them to release all the stock. Reserve the stock, roughly chop the mushrooms and set aside.

**2** Heat the olive oil and two-thirds of the butter in a large, shallow saucepan. Add the soaked mushrooms and bay leaf, and sizzle for a few mins. Turn up the heat, add the fresh mushrooms and garlic, and fry until soft. Season, scatter the flour over the mushrooms and cook until you have a thick, sticky paste. Pour in the mushroom stock and boil until everything is gloopy.

Gradually add the hot milk, stirring between each addition, until you have a thick mushroom sauce, then simmer for 10 mins, stirring occasionally. Remove from the heat, fish out the bay leaf, then stir in the cream, prosciutto and parsley, and leave to cool slightly.

**3** If cooking straight away, heat oven to 200C/180C fan/gas 6. Grease a rectangular casserole dish (about 22 x 30cm) with the remaining butter and cover the bottom with a layer of lasagne sheets. Using a slotted spoon, layer about a third of the mushroom mixture and some of the sauce over the lasagne sheets, then scatter over a little grated Parmesan and drizzle with a few drops of truffle oil, if using. Repeat until you have

three layers of mushrooms (save some sauce in the pan), then top with a final layer of pasta. Now spread over the remaining sauce – it should be reasonably mushroom free. Scatter over the remaining grated Parmesan and drizzle with more truffle oil, if using. *Can be made a day ahead, covered and chilled.*

**4** Bake the lasagne for 20-25 mins until golden and bubbling. Turn the oven up at the end of cooking if it's not brown enough. Remove from the oven and leave for a few mins to stand. Cut into squares, scatter over the Parmesan shavings and drizzle over some more truffle oil just before serving, if you like.

**PER SERVING** (8) 561 kcs • fat 31g • saturates 17g • carbs 44g • sugars 5g • fibre 3g • protein 25g • salt 1.7g







## Prawn katsu burgers

What do you get when you combine a fish finger sandwich and prawn toast? Possibly the most moreish burger ever!



**MAKES 2** **PREP** 30 mins **COOK** 10 mins

**2 brioche burger buns**  
**sunflower or vegetable oil, for frying**

### FOR THE BURGERS

**200g/7oz raw peeled prawns**

**1 spring onion, sliced**

**½ egg white**

**1 tbsp cornflour**

**100g/4oz panko breadcrumbs**

### FOR THE SLAW

**¼ white cabbage, finely shredded**

**juice ½ lemon**

**1 tbsp mayonnaise**

### FOR THE CHILLI MAYO

**3 tbsp mayonnaise**

**1 tbsp sriracha chilli sauce or sweet chilli sauce**

**1** To make the burgers, rinse the prawns in cold water, then pat dry on kitchen paper. Tip half the prawns and the spring onion into a food processor with a generous pinch of salt, and pulse to a rough paste. Add the egg white and cornflour, pulse a few more times then add the rest of the prawns and pulse to roughly chop them into the mixture.

**2** Tip the breadcrumbs into a shallow dish or onto a plate. Scoop out half the prawn mixture with your hands and shape into a burger as well as you can (the mixture will

be sticky). Press the burger into the crumbs, then flip over and pack crumbs around the sides so it's completely coated. Repeat with the remaining mixture and crumbs, then place the burgers on a plate, cover with cling film and chill until ready to cook.

**3** Next, mix together the chilli mayo ingredients in a bowl. For the slaw, put all the ingredients in a bowl, season, then toss to combine. *You can make the burgers, slaw and chilli mayo a day ahead and chill them.*

**4** To cook the burgers, heat about 2cm oil in a frying pan until just starting to shimmer and a breadcrumb dropped in sizzles and browns. Very carefully fry the burgers for 3-4 mins each side until golden, crispy and springy to the touch - you may need to turn them a few times to cook them all the way through. Carefully lift out of the oil onto kitchen paper to drain. Cut the buns in half and toast the cut sides under the grill. Assemble the burgers by spooning the slaw over the bottom of each bun, adding a burger and topping with the mayo. Serve straight away with extra chilli mayo, if you like.

**PER BURGER** 1,070 kcs • fat 74g • saturates 12g • carbs 68g • sugars 13g • fibre 6g • protein 30g • salt 2.8g



Burnt butterscotch rice pudding I've included a delicious butterscotch flavour in this rice pudding to make it even more irresistible.

Burning the top of the pudding like a crème brûlée is optional, but does turn it into something worthy of a dinner party. Plus, once burnt, it will stay crisp for a good hour.



**SERVES 6** **PREP** 10 mins **COOK** 1 hr

**75g/2½oz butter**

**175g/6oz short-grain pudding rice**

**140g/5oz light muscovado sugar**

**500ml/18fl oz double cream**

**1 tsp vanilla extract**

**600ml/1pt full-fat milk**

**1** Heat the butter in a wide, shallow saucepan until starting to sizzle, then add the rice. Toast the rice gently for about 4 mins in the butter until just starting to turn

light brown, then scatter over 100g of the sugar and cook for a few mins more until the sugar is starting to dissolve.

**2** Pour in the cream, stir and boil until all the sugar has dissolved into a thick butterscotch sauce, then gradually stir in 500ml of the milk and the vanilla extract. Simmer everything gently for about 45 mins, stirring often. If towards the end of the cooking time the liquid is too thick and the rice isn't cooked yet, add another 100ml milk and carry on cooking. The finished consistency should be like a really creamy risotto.

**3** When the pudding is cooked, tip it into a shallow, heatproof serving dish. Scatter the rest of the sugar over the top, and grill or blowtorch until sizzling and just starting to burn. Leave the sugar to form a crisp layer and serve hot or cold straight from the dish.

**PER SERVING** 767 kcs • fat 59g • saturates 37g • carbs 51g • sugars 29g • fibre 1g • protein 6g • salt 0.4g



For more of Tom's fish dishes, visit  
[bbcgoodfoodme.com](http://bbcgoodfoodme.com)



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# Let's preserve more...

Making your own jams, pickles and chutney will give you a glow of satisfaction, as well as a bounty to fill your shelves with.

Food writer **Jane Hornby** shows you how to get started Photographs Peter Cassidy







**This has been the year that the Seventies really came back - those button-through denim skirts, big shades, the pickles...**

The pickles? Yes, pickling and preserving is enjoying the biggest resurgence since the days when we all watched The Good

Life and wore flares. This new wave of boiling and brining first appeared in restaurants and pop-ups a few years ago - homemade pickles were de rigueur with a dirty burger, and fermentation has got a look-in thanks to the popularity of Korean cuisine and hot dog joints. Get cracking now with the Pickled cabbage recipe on page 46, and you'll be serving the hippest hot dogs around.

Whatever your reasons for preserving - whether you need to use up your allotment produce or market stall bargains, or because you're a thrifty, rainy day kind of cook - there's something wonderful about locking your own produce safely behind glass for later use.

It's a luxury that we can all afford to try, as most preserves are characteristically cheap to make and resoundingly simple. It's amazing to think that with the basics of sugar, salt and vinegar, plus a little time or heat, almost any fruit or veg can be turned into a time capsule of tastiness for the seasons to come.

**Jane Hornby**

### Jane's jam tip

It's always best to make two batches rather than doubling up. It will take too long (and you'd need a huge pan) to bring more than 2kg fruit to the right temperature, and the jam won't taste as good.

### Sterilising jars and equipment

Wash jars and lids in hot, soapy water, rinse, then place on a baking tray and put in a low oven for 10 mins or until completely dry. If you want to use rubber seals, remove the seals and cover in just-boiled water. Make sure you sterilise any funnels, ladles or spoons you're going to be using too.

### Cinnamon-scented plum jam

Rich with fruit and a little spice, this jam will have you harking back to warmer days every time you pop the lid. The plums I used were ripe, so I added the lemon juice to increase the acidity and help improve the set of the jam. If your plums are unripe, you can leave this out.



**MAKES** 3 x 450ml jars **PREP** 30 mins **COOK** 30 mins

**2kg/4lb 8oz plums, stoned and roughly chopped**

**2kg/4lb 8oz white granulated sugar**

**2 tsp ground cinnamon**

**1 tbsp lemon juice**

**3 cinnamon sticks (optional)**

**knob of butter**

**1** Sterilise the jars and any other equipment before you start (see box below left). Put a couple of saucers in the freezer, as you'll need these for testing whether the jam is ready later (or use a sugar thermometer). Put the plums in a preserving pan and add 200ml water. Bring to a simmer, and cook for about 10 mins until the plums are tender but not falling apart. Add the sugar, ground cinnamon and lemon juice, then let the sugar dissolve slowly, without boiling. This will take about 10 mins.

**2** Increase the heat and bring the jam to a full rolling boil. After about 5 mins, spoon a little jam onto a cold saucer. Wait a few seconds, then push the jam with your fingertip. If it wrinkles, the jam is ready. If not, cook for a few mins more and test again, with another cold saucer. If you have a sugar thermometer, it will read 105C when ready.

**3** Take the jam off the heat and add the cinnamon sticks (if using) and the knob of butter. The cinnamon will look pretty in the jars and the butter will disperse any scum. Let the jam cool for 15 mins, which will prevent the lumps of fruit sinking to the bottom of the jars. Ladle into hot jars, seal and leave to cool. *Will keep for 1 year in a cool, dark place. Chill once opened.*

**PER TBSP** energy 35 kcs • fat none • saturates none • carbs 9g • sugars 9g • fibre none • protein none • salt none

### Jane's green tomato chutney

A classic recipe that makes the most of those end-of-season stubborn green tomatoes that just won't turn rosy. Long, slow simmering is essential for a tasty chutney, during which time the apple will break down to provide body, leaving some chunks of tomato, the sultanas and onions for texture.



**MAKES** 5 x 450ml jars **PREP** 30 mins **COOK** 2 hrs

**4 tbsp olive oil**

**1kg/1lb 4oz onions, chopped**

**6 garlic cloves, finely chopped**

**1 tbsp mixed spice**

**1 heaped tsp yellow mustard seeds**

**1 tsp chilli flakes (optional)**

**2 bay leaves**

**2kg/4lb 8oz green tomatoes, roughly chopped**

**500g/1lb 2oz cooking apples, peeled and diced**

**850ml/1½ pts cider vinegar**

**500g/1lb 4oz light soft brown sugar**

**200g/7oz soft pitted dates, chopped**

**200g/7oz sultanas**

**1 tbsp flaky sea salt (or 1 heaped tsp coarse crystal)**

**1** Heat the oil in a preserving pan, then add the onions and let them gently soften for 10 mins. Add the garlic, spices and bay, and cook for 5 mins more until fragrant.

**2** Tip in the tomatoes, apples and half the vinegar, then simmer for about 15 mins or until the tomatoes and apples are soft. Add the rest of the vinegar, then the sugar, dried fruit and salt, and cook gently until the sugar dissolves.

**3** Turn up the heat a little, then bubble the chutney for about 1 hr 30 mins, or until it is thick and jammy. When ready, you will be able to drag a line across the bottom of the pan without the chutney flooding back straight away. The timing can vary depending on the water content of the tomatoes. Remove the bay leaves before potting the hot chutney into hot, sterilised jars.

**PER TBSP** energy 18 kcs • fat none • saturates none • carbs 4g • sugars 4g • fibre none • protein none • salt 0.1g



Cinnamon-scented  
plum jam

Jane's green  
tomato chutney



# One pickle fits all

Pickling is one of the simplest ways to preserve vegetables. Unlike chutney making, though, where you can use less-than-perfect produce, pickles (and jams) need top-notch ingredients to stay the distance in your cupboard for a few months.

Some vegetables need salting or brining before they meet the vinegar in order to stay firm and relatively crisp, while others need cooking first.

If you follow my master recipe and variations below, you'll be able to pickle just about any veg you like. Multiply the quantities if you have a large glut to preserve.

## Pickling tips

■ For pickles to last in the jar, the vinegar must be 6% acidity. White wine and malt vinegars are 6%, but cider vinegar has slightly lower acidity, so is more suitable for chutneys.

■ All equipment must be sparklingly clean before you begin, to eliminate bacteria or yeasts from the equation.

■ Do not use table salt for pickling, as the anti-caking agents can give a cloudy, discoloured result. Look for either coarse crystal or coarse grain salt.

■ Allow a few centimetres of space at the top of the jar and make sure the vegetables are well-covered in vinegar. A pestle or the end of a rolling pin is ideal for pushing the veg down into the vinegar.

■ When salted or brined and pickled, and kept in a cool, dark place, these pickles should last, unopened, for several months. Softer vegetables, such as beans and cucumbers, are most likely to go soggy sooner, as they are the most watery.

■ Keep in the fridge once opened and use within a month.

## BRINED

### Spiced pickled shallots



**MAKES** 4 x 450ml jars **PREP** 1 hr plus overnight brining **COOK** 5 mins

The day before pickling, put **1kg/2lb 4oz shallots** in a large bowl and cover with boiling water. Leave to cool, then drain and peel away the skins and trim the root ends.

In a large bowl, mix **140g/5oz coarse crystal sea salt** with 300ml boiling water and let it dissolve to make a brining solution. Add 1.2 litres cold water, then the shallots. Cover and leave to soak overnight. The next day, drain, rinse then drain again. Pack the shallots into jar. Make the **pickling vinegar** (see left), pour it over the shallots while hot and seal. Ready to eat in 1 month, or longer, if you like.

**PER TBSP** energy 26 kcals • fat none • saturates none • carbs 4g • sugars 4g • fibre 2g • protein 1g • salt 0.9g

## Pickled green beans

Serve with a slice of terrine or pâté.



**MAKES** 4 x 450ml jars **PREP** 20 mins plus overnight brining **COOK** 10 mins

Trim the stems from **1kg green beans**. Make a **brine** (see Spiced pickled shallots recipe), then add the beans. Soak overnight, then rinse and drain. Make the **pickling vinegar** (see left) using **white sugar** instead of light brown soft, and add **1 finely chopped red onion**. Pack the beans into jars, then pour over the hot vinegar and seal. Ready to eat in 2 weeks, or longer, if you like.

**PER TBSP** energy 33 kcals • fat 1g • saturates none • carbs 4g • sugars 3g • fibre 3g • protein 2g • salt 0.9g

## Pickled radishes with ginger & chilli



**MAKES** 4 x 450ml jars **PREP** 30 mins plus overnight brining **COOK** 10 mins

Trim **1kg radishes** and halve any larger ones. **Brine** the radishes overnight (see Spiced pickled shallots recipe), then rinse and drain.

Make the **pickling vinegar** (see left) with **150g white sugar**, add **1 thumb-sized piece ginger, peeled and thinly sliced** and **1 sliced red chilli**. Pack the radishes into jars, pour over the hot vinegar, then seal. Ready to eat in 2 weeks, or longer, if you like.

**PER TBSP** energy 19 kcals • fat none • saturates none • carbs 3g • sugars 3g • fibre 1g • protein 1g • salt 0.9g

## COOKED

### Pickled beetroot



**MAKES** 4-5 x 450ml jars **PREP** 20 mins **COOK** 1 hr 10 mins

Wash and trim **1kg beetroot**, rub each with **1 tbsp vegetable oil**, then wrap individually in foil. Roast on a tray at 200C/180C fan/gas 6 for 1 hr or until tender. Cool, peel, then cut into wedges. Make the **pickling vinegar** (see left). Pack the beets into jars, add **1 tsp coarse crystal sea salt** to each, then pour over the hot vinegar and seal. Ready to eat in 2 weeks, or longer, if you like.

**PER TBSP** energy 37 kcals • fat 2g • saturates none • carbs 4g • sugars 3g • fibre 1g • protein 1g • salt 0.9g

## Pickled carrots with garlic & cumin

Add a spoonful of harissa for extra heat.



**MAKES** 4 x 450ml jars **PREP** 20 mins **COOK** 15 mins

Peel **1kg carrots** and cut into sticks or slices. Boil in generously salted water for 2 mins until just starting to soften, then drain.

Make the **pickling vinegar** (see left), toasting **1 tbsp cumin seeds** with the other spices. Add **½ tsp turmeric**, **6 sliced garlic cloves** and use **white sugar** instead of light brown soft. Pack the carrots into the jars, adding **1 tsp coarse crystal sea salt** to each, cover with the vinegar and seal. Ready to eat in 2 weeks, or longer, if you like.

**PER TBSP** energy 31 kcals • fat none • saturates none • carbs 5g • sugars 5g • fibre 3g • protein 1g • salt 2.1g

## Pickled cabbage



**MAKES** 4-5 x 450ml jars **PREP** 15 mins plus 1 hr resting **COOK** 10 mins

Mix together **500g thinly sliced white cabbage** and **4 tbsp sea salt** in a large bowl. Put **½ tsp black peppercorns**, **2 bay leaves** and **1 rosemary sprig** on a small piece of muslin cloth and tie into a small spice bag. Crush the bag to release the flavours, then add to the cabbage. Set aside for 1 hr, giving it a stir after 30 mins. Make the **pickling vinegar** (see left). Remove the spice bag and pack the cabbage into jars, pour over the hot vinegar and seal. Ready to eat in 2 weeks, or longer, if you like.

**PER TBSP** energy 33 kcals • fat none • saturates none • carbs 5g • sugars 5g • fibre 3g • protein 1g • salt 2.1g

## SALTED

### Dill pickled cucumbers

Perfect for burgers and wraps.




**MAKES** 4-5 x 450ml jars **PREP** 15 mins plus overnight brining **COOK** 10 mins

Cut **1kg small pickling or ridged cucumbers** into sticks or slices. Layer with **85g coarse crystal sea salt** in a large bowl, cover and leave overnight. Drain away the brine, then rinse. Make the **pickling vinegar** (see left), adding a **handful of dill sprigs** and using **white sugar** instead of brown. Pack the cucumber into jars, pour over the hot vinegar and seal. Ready to eat in 2 weeks, or longer, if you like.

**PER TBSP** energy 15 kcals • fat none • saturates none • carbs 2g • sugars 2g • fibre 1g • protein 1g • salt 0.8g





Dill pickled  
cucumbers

Pickled  
beetroot

Pickled  
green beans

Spiced pickled  
shallots

Pickled radishes  
with ginger & chilli

Pickled carrots  
with garlic &  
cumin



# Tom's *fish suppers*



Seafood is the star of the show in these smart dishes for two from BBC chef Tom Kerridge

Photographs Toby Scott



Shellfish soup



Smoked haddock  
& wild mushroom  
traybake







## Shellfish soup

I've gone to town and made all the accompaniments, but if that's a step too far for

only two, simply serve the soup on its own with a drizzle of olive oil. If you can't get a mixture of different shellfish, just use mussels – which will also keep the cost down.

**MORE OF A CHALLENGE** FOLATE FIBRE VIT C IRON

**4 OF 5 A DAY**

**SERVES 2** **PREP** 20 mins **COOK** 35 mins

**200g/7oz mussels, washed, scrubbed and debearded**

**200g/7oz clams, washed**

**200ml/7fl oz dry white wine**

**1 tbsp olive oil**

**1 medium onion, diced**

**1/2 fennel bulb, finely sliced**

**1 carrot, sliced**

**6 garlic cloves, crushed**

**pinch of saffron strands**

**1 tbsp Pernod**

**400g can chopped tomatoes**

**1/2 tbsp brandy**

### Tip

Don't rush softening and browning the veg – cooking it properly adds lots of flavour to the soup.

**1 tsp Tabasco**

**juice 1 lemon**

**drizzle of olive oil, to serve**

**FOR THE GARLIC MAYONNAISE**

**1 1/2 tsp Dijon mustard**

**1 1/2 tsp white wine vinegar**

**1 egg yolk**

**1 large garlic clove, grated**

**50ml/2fl oz good-quality olive oil**

**50ml/2fl oz vegetable oil**

**FOR THE CROUTONS**

**1/2 baguette**

**drizzle of good-quality olive oil**

**1** First, throw out any mussels and clams with broken or open shells. Heat a large saucepan over a high heat and, once smoking, add the mussels, clams and white wine. Cover with a tight-fitting lid and rapidly steam for 3 mins. Once the shells have opened, tip the shellfish into a colander lined with muslin cloth, with a bowl underneath to catch the full-flavoured shellfish stock. Discard any mussels or clams that have not opened.

**2** Heat the oil in the saucepan and add the onion, fennel, carrot and garlic. Cook until softened and browned, about 12 mins, then add the saffron and shellfish stock. Simmer for 5 mins to infuse the saffron.

Add the Pernod, tomatoes and 100ml water, and simmer for 5 mins more.

**3** Heat oven to 180C/160C fan/gas 4. Pick the clams and mussels from the shells, reserving some for presentation, and set aside.

**4** To make the mayonnaise, put the mustard, vinegar, egg yolk and garlic in a bowl. Use a stick blender to blitz while slowly drizzling in both oils until thick and glossy. This will take about 5 mins. Chill until needed.

**5** For the croutons, thinly slice the baguette and lay on a large baking tray. Drizzle with a little olive oil and a pinch of flaky sea salt. Bake in the oven for 12-14 mins until golden and crisp.

**6** Once the soup has thickened, transfer to a blender and blitz until very smooth, then pass through a fine sieve. Finish with the brandy, Tabasco and lemon juice. Taste and adjust the seasoning.

**7** To serve, return the soup to the heat to warm through, then drop in the mussels and clams for 1 min. Ladle the soup into two large bowls, drizzle with a little olive oil, and serve the croutons and garlic mayonnaise on the side.

**PER SERVING** 805 kJ • fat 42g • saturates 6g • carbs 53g • sugars 18g • fibre 10g • protein 23g • salt 2.4g



## Smoked haddock & wild mushroom traybake

If you can't get hold of wild mushrooms, go

for chestnut mushrooms instead. Ask your fishmonger to prepare the smoked haddock for you.

**A LITTLE EFFORT** CALCIUM FOLATE FIBRE VIT C

**2 OF 5 A DAY**

**SERVES 2** **PREP** 30 mins **COOK** 40 mins

**3 medium Maris Piper potatoes (about 450g/1lb), very thinly sliced**

**150ml/1/4pt chicken stock**

**1 tbsp olive oil**

**2 onions, sliced**

**75g/2 1/2oz crème fraîche**

**2 x 140g/5oz smoked haddock fillets, skin and bones removed**

**140g/5oz wild mushrooms, chopped**

**50g/2oz butter, diced**

**3 lemon thyme sprigs, leaves only**

**1 slice of brioche (about 50g/2oz), blitzed to breadcrumbs**

**25g/1oz Parmesan, finely grated**

**1 lemon, peeled and segmented**

**wilted spinach, to serve**

**1** Heat oven to 180C/160C fan/gas 4. Put the potatoes in a large pan and cover with the chicken stock and 50ml water. Bring to the boil, then gently simmer for 8-10 mins until tender. Carefully remove with a slotted spoon and set aside, reserving the stock.

**2** Heat the oil in a frying pan and cook the onions for about 8 mins until golden brown. Spread them over a 26 x 5cm ovenproof dish and arrange the potatoes neatly on top. Season well and pour over the chicken stock. The stock should soak into the onions, leaving the potatoes dry.

**3** Spoon the crème fraîche over the potatoes in an even layer. Lay the haddock

on top, then scatter over the mushrooms and butter, leaving some of the potatoes and onions visible. Cover with foil and put in the oven for 8 mins.

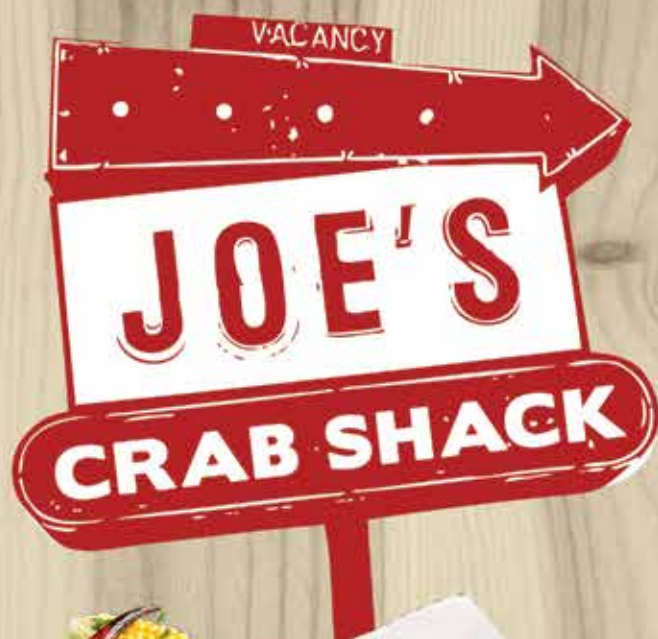
**4** Meanwhile, make the topping by mixing the lemon thyme, brioche breadcrumbs and Parmesan. Remove the foil from the fish and sprinkle over the crumb topping (making sure that some of the mushrooms are still visible). Return to the oven for 5 mins, then place under the grill for about 2 mins or until golden brown.

**5** To give the dish some acidity, lay the lemon segments in a roasting tin and char with a blowtorch, or char in a griddle pan over a high heat. Arrange on top of the golden crust and serve in the middle of the table with wilted spinach, if you like.

**PER SERVING** 899 kJ • fat 51g • saturates 28g • carbs 62g • sugars 12g • fibre 9g • protein 45g • salt 3.9g

**gf** For more of Tom's fish dishes, visit [bbcgoodfoodme.com](http://bbcgoodfoodme.com)





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# Pack a picnic pie

A delicious filling wrapped in pastry makes an easily transportable feast to eat alfresco. Try these three new recipes from **Mary Cadogan**

Photographs Sam Stowell



Scotch egg pie





Scandi salmon pie





## Scotch egg pie

A Scotch egg is always popular, and this giant version looks spectacular.

**A LITTLE EFFORT**

**SERVES** 8-10 **PREP** 40 mins plus chilling  
**COOK** 1 hr

**cornichons and salad, to serve (optional)**

### FOR THE PASTRY

**200g/7oz plain flour**

**100g/4oz butter, cut into small cubes**

### FOR THE FILLING

**7 medium eggs**

**good handful parsley**

**1 tbsp thyme leaves**

**1.25kg/2lb 12oz good-quality sausagemeat**

**5 tbsp dried breadcrumbs (see below right)**

**1 tbsp olive oil**

**1** Heat oven to 190C/170C fan/gas 5. Tip the flour and butter into a food processor and process to fine crumbs. Add 2-3 tbsp cold water and pulse until it forms a firm dough. Tip out onto a lightly floured surface and knead briefly to form a smooth ball. Roll out and line the base and sides of a 21-22cm deep flan tin or 20cm springform cake tin. Trim the edges and chill the tart case while you prepare the filling.

**2** Put the eggs in a small pan and cover with cold water. Bring to the boil, then simmer for 4 mins. Cool quickly under running cold water and peel off the shells.

**3** Chop the parsley and thyme. Tip the sausagemeat into a large bowl and add half the herbs, a little salt and plenty of freshly ground black pepper. Press a third of the sausagemeat over the base of the pastry case and make a circular trench in the sausagemeat. Trim the ends off each egg and line them up to form a ring of egg, then cover with the remaining sausagemeat, forming a smooth dome and making sure the eggs are completely covered.

**4** Mix the remaining herbs with the breadcrumbs and oil, and sprinkle evenly over the pie. Place on a baking sheet and bake for 1 hr until the pastry is golden, the filling cooked and the topping crisp and golden. If there are any juices bubbling around the edge of the pie, carefully tip them into a jug and discard. Leave the pie to cool in the tin. Will keep in the fridge for a few days. Take to the picnic still in the tin covered in foil or cling film, and serve cut into thick slices with cornichons and salad, if you like.

**PER SERVING (10)** energy 537 kJ • fat 36g • saturates 16g • carbs 29g • sugars 2g • fibre 3g • protein 23g • salt 1.9g



## Scandi salmon pie

This can be assembled, ready to cook, up to 24 hours ahead.

**EASY** **OMEGA-3**

**SERVES** 6-8 **PREP** 45 mins plus cooling  
**COOK** 40-45 mins

**500g/1lb 2oz fresh skinless salmon fillet, cut into 2cm cubes**

**1 tsp each peppercorns and fennel seeds**

**1 tsp each golden caster sugar and salt**

**3 tbsp chopped dill**

**140g/5oz wheatberries (raw, not**

**pre-cooked - see left) or spelt or pearl barley**

**1 small red onion, finely chopped**

**juice 1/2 lemon**

**200g/7oz baby spinach leaves**

**100g/4oz sundried tomatoes, chopped**

**140g/5oz crème fraîche**

**2 tsp wholegrain mustard**

**pack of 2 x 320g puff pastry sheets**

**1 egg, beaten**

**1** Put the salmon in a bowl. Roughly crush the peppercorns and fennel using a pestle and mortar, then add to the salmon with the sugar, salt and half the dill. Mix well and leave to stand while you cook the wheatberries.

**2** Cook the wheatberries in 4 times their volume of water for 25 mins, or following pack instructions. Drain well and leave to cool. Heat oven to 200C/180C fan/gas 6.

**3** Mix the onion with the lemon juice and set aside. Put the spinach in a colander. Pour over boiling water from the kettle to wilt the leaves, then drain well, squeeze out any excess water and pat dry. Tip the spinach, onion, lemon juice and sundried tomatoes onto the wheatberries and mix.

**4** Mix the crème fraîche, mustard, remaining dill and some seasoning in a small bowl. Fold through the wheatberry mixture.

**5** Unwrap a sheet of puff pastry and line a 20 x 30cm rectangular flan tin. (If you are using a straight-sided tin, line the base with a strip of baking parchment.) Spoon in half the wheatberry mixture and cover with the salmon. Spread the remaining mixture evenly over the top. Brush the edges of the pastry with egg, then lay the second sheet of pastry on top. Press the pastry edges together to seal, then trim the excess.

**6** Brush the top of the pastry liberally with egg, and bake for 40-45 mins until the pastry is crisp and rich golden. Leave to cool and take to the picnic in the tin covered in foil or cling film, then cut into thick slices to serve.

**PER SERVING (8)** energy 600 kJ • fat 34g • saturates 15g • carbs 47g • sugars 7g • fibre 4g • protein 24g • salt 1.6g

## Wheatberries

are the whole kernel of wheat. They have a firm texture, similar to spelt or pearl barley, and can be added to salads or used instead of risotto rice. Buy Merchant Gourmet wheatberries in supermarkets, or online.

## Make your own breadcrumbs

It's easier - and cheaper - to make your own rather than buying a pack. Plus, it's a great way to use up leftover bread.

Simply break up a few slices of white bread without crusts and dry in an oven preheated to 160C/140C fan/gas 3 for 10 mins.

Blitz in a food processor to make fine crumbs, then freeze in usable quantities.





Light veggie bites

## Summer herb & feta pies

These cute little parcels, packed with summery flavours, are incredibly tempting.

EASY  

**MAKES 8** **PREP** 25 mins plus chilling **COOK** 25 mins

**large bunch watercress**  
**good handful each of basil and mint,**  
**roughly chopped**  
**4 spring onions, roughly chopped**  
**2 large eggs**  
**freshly grated nutmeg**  
**100g/4oz feta, cut into small cubes**  
**85g/3oz artichoke hearts in oil from a**  
**jar, drained and chopped**  
**50g/2oz butter**  
**270g pack filo pastry sheets**  
**2 tbsp freshly grated Parmesan (or**  
**vegetarian alternative)**  
**tomato & herb salad, to serve (optional)**

**1** Heat oven to 200C/180C fan/gas 6. Remove any thick stalks from the watercress, then chop the rest and put in a food processor with the herbs and spring onions. Blitz for a few secs, then add the eggs, nutmeg and some seasoning, and blitz again briefly - you don't want too fine a chop. Tip the mixture into a bowl and stir in the feta and artichokes.

**2** Melt the butter and unwrap the filo sheets. Cut them into 12-13cm squares through the layers - you may have too much pastry but the leftovers can be re-wrapped and saved for another recipe. Stack 4 squares of pastry on top of each other, brushing lightly with butter as you go, offsetting each square to get a star shape all round the edge. Continue until you have 8 stacks.

**3** Press each stack into a deep-hole muffin tin and fill with the feta mixture. Fold over the pastry to enclose the filling, pinching it together. Brush the tops with the remaining butter and sprinkle with Parmesan. Bake for 25 mins until the pastry is golden and crisp. Leave to cool for a few mins, then remove the tins and cool completely on a wire rack. Pack into a plastic container to take to the picnic and serve with a tomato & herb salad, if you like.

**PER PIE** energy 223 kcs • fat 13g • saturates 7g • carbs 17g • sugars 1g • fibre 1g • protein 9g • salt 1.2g



A silhouette of a cow facing right, with the text "We use grass-fed beef ribeye" written on its side in a white, handwritten-style font. The background is white with several light pink, irregular shapes scattered around the cow.



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Ingredients  
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**Homemade**  
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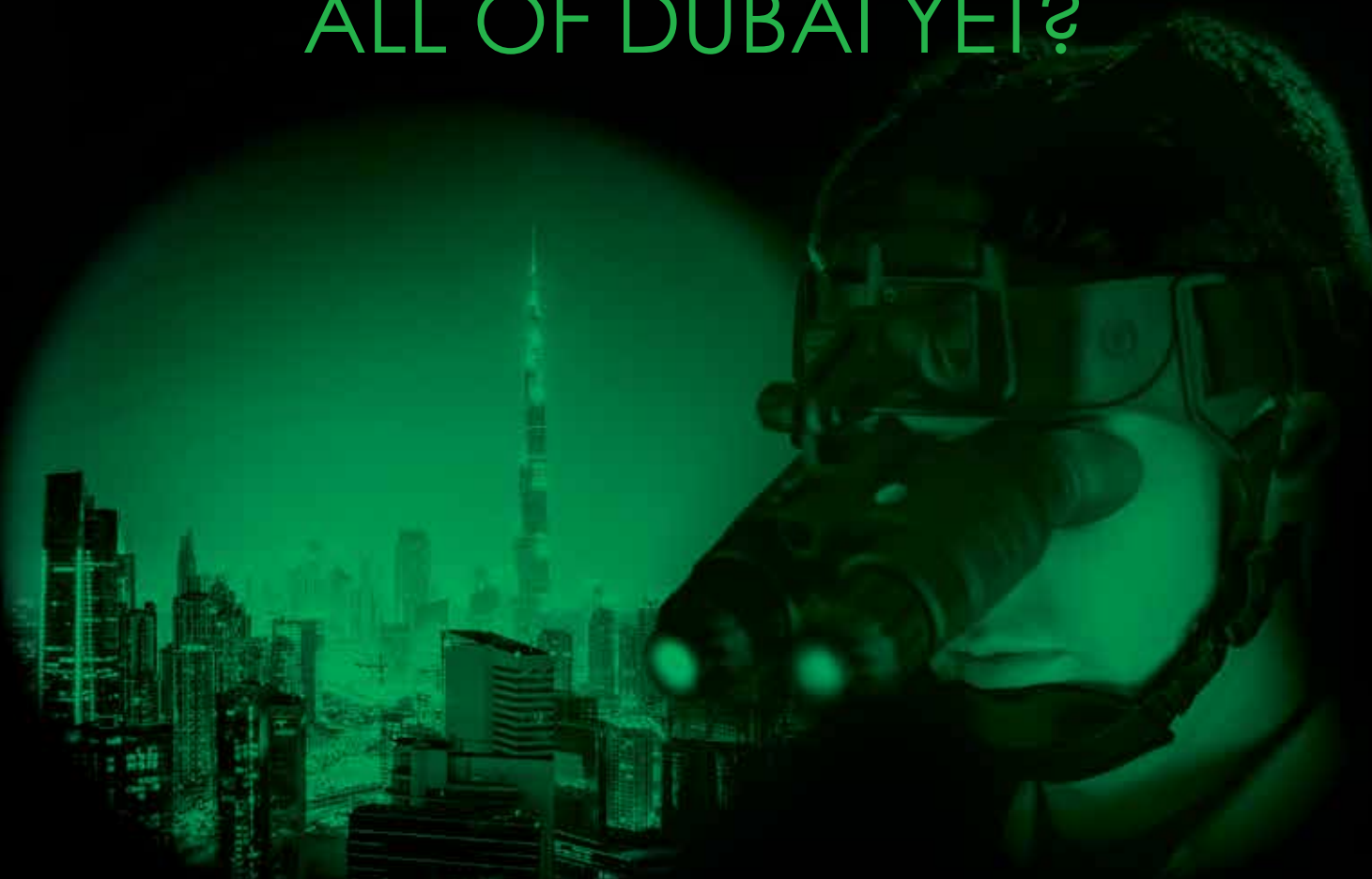
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# Mum's special tea

Give your mother the five-star treatment. **Cassie Best** creates a celebratory spread that mixes classic flavours with contemporary baking trends

Photographs WILL HEAP



March 6



## MOTHER'S DAY TEA

SERVES 6-8

Ploughman's scones  
Lemony crab & cucumber clubs  
Mini salt beef bagels  
Egg & bacon brioche soldiers  
Banana custard eclairs  
Raspberry & dark chocolate teacakes  
Little pistachio cakes  
Lemon & poppy seed gateaux







# SIMPLE SAVOURIES



## Ploughman's scones



**MAKES** 12 mini scones **PREP** 25 mins

**COOK** 12 mins

**juice** 1/2 lemon

**1 small eating apple (a Braeburn is nice)**

**12 tsp of your favourite chutney or pickle (we used apple, tomato & chilli chutney)**

**punnet of cress, snipped**

**FOR THE SCONES**

**225g/8oz self-raising flour, plus a little for dusting**

**1 tsp baking powder**

**50g/2oz butter, cut into tiny pieces**

**85g/3oz extra mature cheddar, finely grated**

**6 thyme sprigs, leaves picked**

**150ml/1/4 pt milk, plus 1 tbsp**

**1 egg yolk**

**1** Heat oven to 220C/200C fan/gas 7 and dust a baking tray with a little flour. Tip the flour into a large bowl with the baking powder and a good pinch of salt. Add the butter and rub together with your fingertips until the mixture resembles damp breadcrumbs. Add the cheese and thyme leaves, mix in, then pour in the milk. Use a cutlery knife to bring the mixture together as a soft dough - don't overwork it or the scones will be heavy.

**2** Tip onto your work surface, mopping up any dry crumbs with the dough. Pat into a disc about 1.5cm

thick. Using a 5cm fluted cookie cutter, stamp out 12 scones (you may have to squash the scraps back together to get all 12). Place on the baking tray. Mix the remaining 1 tbsp milk with the egg yolk and brush over the top of the scones. Bake for 10-12 mins until well-risen and golden brown, then leave to cool a little on a wire rack.

**3** Just before serving, put the lemon juice in a bowl, cut the apple in half, remove the core, then very thinly slice into half moons. Toss the apple through the lemon juice as you go. Split the scones in half and fill each one with a couple of slices of apple, 1 tsp of chutney and a few sprigs of cress.

**PER Scone** energy 150 kJ • fat 7g • saturates 4g • carbs 17g • sugars 3g • fibre 1g • protein 4g • salt 0.6g



## Lemony crab & cucumber clubs



**SERVES** 6 (makes 12 sandwiches)  
**PREP** 15 mins **NO COOK**

**200g/7oz white crabmeat**

**6 tbsp mayonnaise**

**zest 1 lemon, plus a squeeze of juice**

**small handful chives, finely snipped**

**9 slices wholemeal or granary bread**

**a little butter, softened**

**1/2 cucumber, very finely sliced**

**1** Mix the crab, mayo, lemon zest, a little juice, the chives and a good grind of black pepper in a bowl. Butter one

side of each slice of bread.

**2** Divide the crab mayo between 3 slices of bread, top each with another slice, butter-side up, then arrange the cucumber slices on top, season, and finally sandwich with the final pieces of bread, butter-side down. Cut off the crusts, then cut into little triangles.

**PER SERVING** energy 288 kJ • fat 17g • saturates 4g • carbs 21g • sugars 2g • fibre 3g • protein 11g • salt 1.2g



## Mini salt beef bagels



**MAKES** 6 **PREP** 10 mins plus pickling **NO COOK**

**4 radishes, thinly sliced**

**2 tbsp white wine vinegar**

**1 tsp golden caster sugar**

**3 mini bagels, split in half**

**100g/4oz crème fraîche**

**1 tbsp wholegrain mustard**

**6 slices salt beef, pastrami or roast beef**

**handful watercress**

**1** Put the radishes, vinegar, sugar and a good pinch of salt in a bowl and leave to pickle for 30 mins, or up to 24 hrs.

**2** When you're ready to serve, toast the bagels while you mix together the crème fraîche and mustard. To serve, spread the bagels with the mustardy crème fraîche, top each half with a ruffled slice of beef, a few pickled radishes and a few watercress sprigs. Finish with a grind of black pepper.

**PER BAGEL** energy 168 kJ • fat 9g • saturates 5g • carbs 11g • sugars 3g • fibre 1g • protein 9g • salt 1.2g



## Egg & bacon brioche soldiers



**SERVES** 6 (makes 12 finger sandwiches)  
**PREP** 10 mins **COOK** 10 mins

**4 large eggs**

**12 slices from a brioche loaf**

**a little soft butter**

**6 tbsp mayonnaise**

**55g pack crispy bacon**

**1** Bring a pan of water to the boil, add the eggs and set the timer for 9 mins.

**2** Meanwhile, lightly butter each slice of brioche on one side and heat a griddle pan. Char the brioche on the hot pan until griddle lines appear, then flip and char the other side. Place the bread in a toast rack or on a wire rack to cool.

**3** When the egg timer goes off, put the eggs in cold water for 10 mins to cool. Peel, then mash the eggs with a little seasoning, and stir in the mayo. Chill the egg mayo and store the toasted bread in an airtight container until you're ready to serve.

**4** Just before serving, assemble the sandwiches, then cut off the crusts and cut each sandwich into 2 or 3 fingers. Pop a slice of crispy bacon into each finger, so it sticks out the ends a little, and serve straight away.

**PER SERVING** energy 265 kJ • fat 21g • saturates 6g • carbs 12g • sugars 3g • fibre none • protein 5g • salt 0.8g





Little bites of marshmallow heaven!



Modern twist on eclairs



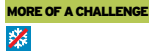


# SWEET TREATS

...



Banana  
custard  
eclairs



**MAKES** 24 **PREP** 50 mins plus cooling,  
setting and 2 hrs chilling **COOK** 30 mins

**banana chips and edible gold spray  
or leaf, to decorate (optional)**

**200g/7oz white chocolate, finely  
chopped**

**FOR THE CHOUX PASTRY**

**85g/3oz lightly salted butter,  
chopped into small cubes**

**100g/4oz plain flour**

**3 medium eggs, beaten**

**FOR THE BANANA CUSTARD**

**2 overripe bananas**

**100g/4oz golden caster sugar**

**1 tbsp lemon juice**

**4 tbsp custard powder**

**300ml/1/2pt milk**

**150ml/1/4pt double cream**

**2 tsp vanilla bean paste (we like**

**this for the seeds, but use extract  
if you like)**

**1** Put the butter in a saucepan with 225ml water. Weigh the flour in a large bowl and set aside. Bring the butter and water to a fast boil with a pinch of salt, simmer until the butter has melted, then tip in the flour and beat like mad with a wooden spoon until the mixture is pulling away from the sides of the pan and is lump-free. Tip into the bowl and spread the thick paste up the sides a little to help it cool quickly, then leave for 10 mins.

**2** Heat oven to 200C/180C fan/gas 6 and cut 2 pieces of baking parchment to fit 2 baking sheets. Using a ruler and a pen, mark 12 lines about 9cm long over each piece, leaving plenty of space between the lines. Flip the parchment over. Fit a piping bag with a large round piping nozzle, about 1.5cm wide. When the flour paste has cooled but is not cold, start adding the egg, bit by bit, beating well between each addition until you have a smooth

batter, which will reluctantly drop off the end of your spoon. You may not need to use all the egg, so add it slowly. Transfer to your piping bag and use a little of the mixture to stick the parchment to your trays.

**3** Pipe the choux onto the baking sheet, using the lines as a guide. Place the trays in the oven and bake for 30 mins until the choux is puffed and golden. Swap the trays around for the final 5 mins. The choux should be crisp and hollow-sounding when tapped. You may wish to sacrifice 1 éclair to make sure that the inside is completely dried out; if it is still moist, the eclairs will sink when cooling. Once baked, leave to cool completely. *Can be made 1 day ahead - store in a sealed container, and reheat in the oven for 5-10 mins to crisp up before filling.*

**4** Now make the banana custard. Put the bananas, sugar and lemon juice in a food processor and whizz to a purée. Pour into a saucepan and bubble for a few mins until thickened. Mix the custard powder with 2-3 tbsp of the milk to make a smooth paste, then add the remaining

milk, cream and vanilla, and stir well. Pour the custard mixture into the banana purée and continue cooking, whisking, until very thick and smooth. Pour into a bowl, cover with cling film and chill for 2 hrs, or until cold.

**5** Pick out 24 nice banana chips and place on a tray lined with parchment. Spray with edible gold spray or cover with a little gold leaf, if you like. When you're ready to assemble the eclairs, split each one along one side. Transfer the banana custard to a disposable piping bag and snip off the corner. Fill the eclairs generously with the custard, lining up on a tray as you go. Melt the chocolate in a bowl in the microwave, stirring every 20 secs or so to prevent it from burning. When the eclairs are filled, carefully dip the top of each one into the chocolate, letting any excess drip back into the bowl. Place a gold banana chip on each éclair and set back on the tray for 30 mins or so to set. Serve within 3 hrs.

**PER ECLAIR** energy 167 kJ • fat 10g • saturates 6g • carbs 17g • sugars 11g • fibre none • protein 2g • salt 0.2g



Raspberry  
& dark  
chocolate  
teacakes



**MAKES** 35 **PREP** 1 hr plus setting **COOK** 25 mins

**200g/7oz dark chocolate, finely  
chopped**

**freeze-dried raspberry pieces, to  
decorate (optional)**

**FOR THE CHOCOLATE BISCUIT  
BASES**

**100g/4oz butter, softened**

**75g/2 1/2oz icing sugar**

**1 medium egg yolk**

**1 tsp vanilla extract**

**2 tbsp milk**

**175g/6oz plain flour**

**4 tbsp cocoa powder**

**FOR THE MARSHMALLOW**

**3 gelatine leaves**

**3 medium egg whites**

**175g/6oz white caster sugar**

**good-quality raspberry jam**

**1** First, make the chocolate biscuit bases. Put the butter and icing sugar in a large bowl, mash together with a wooden spoon, then beat for 1-2 mins or 2 until smooth. Add the egg yolk, vanilla, milk, flour, cocoa and a pinch of salt, and mix again. Tip onto your work surface and knead briefly until evenly coloured. Wrap in cling film, pat into a disc and chill for 20 mins.

**2** Heat oven to 180C/160C fan/gas 4 and line 2 baking sheets with baking parchment. Dust the surface with a little flour, unwrap the dough and roll to the thickness of a £1 coin. Use a 5cm cookie cutter to stamp out as many discs as you can, then re-roll the

trimmings to cut out more - you should get about 35 in total. Place on the baking sheets and bake for 10-12 mins, swapping the trays over halfway through. Cool on a wire rack.

**3** Next, make the marshmallow filling. Put the gelatine in a bowl of cold water and set aside to soften. Put the egg whites, sugar, 1 tbsp water and a good pinch of salt in a heatproof bowl. Place over a pan of gently simmering water, making sure the bowl doesn't touch the water, and whisk until thick and leaving a prominent trail from the beaters - this will take about 5 mins. When the meringue is thick, remove the bowl from the heat and continue whisking while you add the gelatine leaves, one at a time. Keep whisking for another 3-5 mins until the meringue has cooled slightly and is really stiff. Transfer to a piping bag fitted with a large round nozzle (mine was 1.5cm).

**4** Flip each biscuit over so the bottom is facing upwards. Spoon 1/2 tsp jam onto the middle of each biscuit. Holding the piping bag above the jam, pipe a blob of meringue to fill the surface of the biscuit, quickly pulling away to make a spike. Leave to set for 30 mins.

**5** Melt the chocolate in the microwave, stirring every 20 secs or so to ensure it doesn't burn. To cover the teacakes in chocolate, hold each one above the bowl at an angle and drizzle over the chocolate, letting it run back into the bowl, turning the teacake until completely covered. Place on a wire rack suspended over a baking tray. After every 5-10 teacakes, sprinkle over a little freeze-dried raspberry, if using. *Will keep for 3 days in a sealed container.*

**PER TEACAKE** energy 118 kJ • fat 5g • saturates 3g • carbs 16g • sugars 12g • fibre 1g • protein 2g • salt 0.1g





## Little pistachio cakes

**MAKES 12** **PREP** 25 mins plus cooling **COOK** 15 mins

**EASY** cakes only

**175g/6oz lightly salted butter, really soft, plus extra for greasing**

**75g/2½oz plain flour, plus extra for dusting**

**140g/5oz pistachios, plus a few, chopped, for scattering**

**1 tsp baking powder**

**175g/6oz golden caster sugar**

**2 large eggs**

**2 tsp vanilla extract**

**2 tbsp milk**

**FOR THE ICING**

**290g tub full-fat cream cheese**

**50g/2oz lightly salted butter, softened**

**100g/4oz icing sugar**

1 Heat oven to 180C/160C fan/gas 4 and grease a 12-hole silicone muffin or friand mould, then dust with a little flour, and tip out the excess (a metal tray will work too, but line with muffin cases, as the mixture may stick). Put the pistachios in a food processor and blitz until finely chopped but not greasy. Add the remaining cake ingredients and blend again into a creamy mixture. Use 2 spoons to fill each hole of your tray  $\frac{2}{3}$  full, place on the middle shelf of the oven and bake for 15 mins or until a skewer inserted comes out clean. Leave to cool in the mould for 10 mins, then run a knife around the edge of each cake and turn out onto a wire rack.

2 Meanwhile, make the icing. Using an electric hand whisk, blend 3 tbsp of the cream cheese with the butter until smooth, then add the remaining cream cheese and icing sugar. Whizz again until creamy, transfer to a piping bag fitted with a small round nozzle, and chill until ready to use.

3 When the cakes are cool, pipe spikes of icing on top of each one, then sprinkle with chopped pistachios. Can be made ahead - store the un-iced cakes in a sealed container for up to 3 days and chill the icing for 2 days.

**PER CAKE** energy 444 kJ • fat 33g • saturates 18g • carbs 30g • sugars 24g • fibre 1g • protein 5g • salt 0.6g

## Lemon & poppy seed gateaux

**MAKES 24** **PREP** 50 mins plus 2 hrs setting

**COOK** 25 mins

**A LITTLE EFFORT** sponge only

**FOR THE SPONGE**

**200g/7oz slightly salted butter, melted and cooled**

**4 large eggs**

**225g/8oz golden caster sugar**

**225g/8oz plain flour**

**1 tsp baking powder**

**FOR THE POPPY SEED BUTTERCREAM**

**50g/2oz poppy seeds**

**200g/7oz butter, softened**

**350g/12oz icing sugar**

**zest 1 lemon**

**2 tbsp lemon curd**

**1 tbsp milk**

**FOR THE LEMON SYRUP**

**juice and zest 2 lemons**

**50g/2oz golden caster sugar**

**3 tbsp water**

**FOR THE ICING**

**400g/14oz fondant icing sugar**

**juice 1 lemon**

**yellow food colouring**

1 Lightly grease a 20 x 30cm loose-bottomed cake tin with a little of the melted butter, then line with baking parchment. Heat oven to 180C/160C fan/gas 4. Put the eggs and sugar in a large bowl, and whisk with an electric hand whisk until the eggs are pale cream, doubled in volume and hold a ribbon pattern on top of the mixture for 3 secs. Drizzle the cooled butter around the edge of the bowl, and sift the flour and baking powder over the top with a pinch of

salt. Use a large metal spoon to fold everything together until just combined, being careful not to knock out too much air. Carefully pour the mixture into the prepared tin, level the surface, and bake for 25 mins until golden and a skewer inserted to the centre of the cake comes out clean. Leave to cool for 10 mins in the tin, then carefully slide out onto a wire rack and leave to cool completely.

2 Meanwhile, make the buttercream and syrup. Put the poppy seeds in a pan and toast for a few mins until aromatic, then leave to cool completely. For the syrup, put the ingredients in a saucepan, bring to a simmer, bubble for a few mins until the sugar has dissolved, then leave to cool. For the buttercream, beat the butter and icing sugar together until smooth, add the lemon zest, lemon curd, milk and cooled poppy seeds.

3 When the cake is totally cool, carefully slice into 3 thin layers. Reassemble the cake in the tin, flipping what was the top into the tin to make the bottom layer. Spoon over a third of the syrup, then spread over half the buttercream. Top with the middle layer of the cake, more syrup and the remaining buttercream. Top with the final sponge, flat-side up, and drizzle over the remaining syrup.

4 Mix the icing sugar with enough lemon juice to make a thick but spreadable icing. Colour the icing with a little food colouring, then pour over the top of the cake, easing it to cover the entire surface. Leave in the tin to set for at least 2 hrs.

5 When you're ready to serve, carefully remove the cake from the tin. Cut off the edges with a long serrated knife, then cut into 24 little cakes. Will keep in a sealed container for up to 3 days.

**PER GATEAU** energy 351 kJ • fat 16g • saturates 9g • carbs 48g • sugars 41g • fibre none • protein 3g • salt 0.4g





# My Greek Easter feast

Treat friends and family to something deliciously different – an authentic Greek meal created by food writer **Tonia Buxton**

Photographs WILL HEAP



Spinach rice, p66



Greek salad, p67



Slow-cooked Greek  
Easter lamb, p67

Tahini & lemon sauce, p67

CELEBRATION MENU

SERVES 6

Giant butter bean stew

Spinach rice

Slow-cooked Greek Easter lamb  
with lemons, olives & bay

Tonia's rose baklava

Tahini & lemon sauce

Greek salad







Tonia Buxton is a food writer and mother of three. Her TV series, *My Greek Kitchen* and *My Cypriot Kitchen*, are both shown on the Discovery channel. Tonia's second book, *Eat Greek For a Week*, was published in June 2015.

'Easter is deeply ingrained in Greek culture – so much so that we have two names for it: Lambri, which means 'brilliant one', and Pascha, from the Hebrew for Passover.

The arrival of the day itself is so exciting, because traditionally it comes at the end of a 40-day vegan fast. As a child, I loved it, but now I'm a little more lax and content for my family to respect this tradition for just a week or two. And as our Greek diet is already brimming with delicious vegetarian dishes, it is not too difficult.

When I think of Easter, the first thing that comes to mind is lamb, always slow-cooked, yet with countless regional variations. When I lived in Cyprus, I would place the lamb in a traditional beehive-shaped clay oven to cook oh-so-slowly to melting tenderness overnight.

Now I live in London, I still have a little clay oven in the garden, but the weather can make it hard to fire up, so I tend to ask my dad or one of my uncles to help me. Then I am off to my local butcher's to buy milk-fed organic lamb – it's worth buying the best leg of lamb you can find on this special occasion.

The dish itself is simple, and of course you don't need an oven in your garden. I tuck in plenty of garlic, lemon wedges and fresh bay leaves around the lamb, followed by a generous glug of Greek olive oil and some light seasoning. If you are lucky enough to live near a Greek deli, nothing beats adding some Cypriot potatoes – ideal for long, slow cooking. They're sweet flavoured, and a perfect accompaniment.

Tahini sauce is my ketchup! I eat it with everything. Add a simple bowl of steamed rice with spinach plus a big Greek salad and this fine feast is near complete.

The meal finishes with syrup-drenched baklava. I will confess that this confection of crisp, paper-thin filo pastry layers – filled with chopped nuts, fragrant rosewater and warming spices – is not normally served as a dessert in Greece, but it certainly fits the bill here.



## Giant butter bean stew

Butter beans are known as 'giant beans' in Greek; this dish is often served during the run-up to Easter (the Greek equivalent of Lent) and makes an excellent first course. Leave it on the table to serve with the lamb – the beans improve if made the night before.

**SERVES 6 PREP 30 mins COOK 1 hr 15 mins**

**EASY** **V** **FIBRE** **VIT C** **3 OF 5 A DAY** **GOOD 4 YOU** **GLUTEN FREE** **100% DAY**

**4 x 235g cans organic butter beans**  
**or 500g/1lb 2oz dried butter beans**  
**(see Tonia's tip, below)**

**100ml/3½ fl oz Greek extra virgin olive oil**

**3 small red onions, finely sliced**

**2 large carrots, finely sliced**

**3 celery stalks with leaves, finely chopped**

**4 sundried tomatoes, sliced**

**1kg/2lb 4oz ripe tomatoes, skinned, deseeded and finely chopped**

**4 garlic cloves, chopped**

**1 tsp paprika**

**1 tsp ground cinnamon**

**2 tbsp tomato purée**

**1 tsp sugar**

**small pack flat-leaf parsley, finely chopped**

**small pack dill, finely chopped**

**100g/4oz feta (optional), crumbled**

**1** Drain the canned beans, reserving 200ml of the liquid. Heat the oil in a large flameproof lidded casserole dish, and cook the onions, carrots and celery until tender and the onions are soft and transparent, but not coloured. Stir in the

remaining ingredients, reserving half of the chopped herbs and feta (if using).

**2** Heat oven to 180C/160C fan/gas 4. Cook over a gentle heat for a further 5 mins, then pour over the reserved liquid. Cover the dish and bake in the oven for 40 mins. Check occasionally that the beans are not drying out – add a little more water if needed.

**3** Remove the lid and bake for 10 mins more. Can be made 2 days ahead and reheated. Stir through the reserved chopped herbs, season to taste, then crumble over the remaining feta just before serving.

**PER SERVING** energy 315 kcs • fat 18g • saturates 3g • carbs 24g • sugars 12g • fibre 11g • protein 8g • salt 1.1g



## Spinach rice

The surprising technique in this side dish involves cooking the spinach with the rice to bring out the flavour. I also like it as a simple vegetarian supper

with a handful of toasted pine nuts or chopped spring onions tossed in at the end.

**SERVES 6 PREP 20 mins COOK 45 mins**

**EASY** **V** **CALCIUM** **FOLATE** **FIBRE** **VIT C** **IRON** **100% A DAY** **GLUTEN FREE** **100% DAY**

**100ml/3½ fl oz Greek extra virgin olive oil**

**1 onion, finely chopped**

**500g/1lb 2oz baby spinach leaves, washed and finely chopped**

**bunch dill, finely chopped**

**300g/11oz long-grain rice**

**juice 1-2 lemons**

**1** Heat the oil in a large pan, add the onion and gently cook until softened but not coloured. Add the spinach and half the dill. Cook on a high heat, stirring regularly, until the spinach has wilted down and all the liquid has evaporated.

**2** Stir in the rice and add 600ml water, then bring to the boil. Turn the heat right down again to a very gentle simmer, cover the pan with a tight-fitting lid and cook for 25-30 mins or until the rice has cooked and absorbed all the water. Give it a stir after 15 mins to ensure even cooking, adding a drop more water as required.

**3** When the rice is cooked, stir in the remaining dill, season well, squeeze over the lemon juice to taste, and serve.

**PER SERVING** energy 519 kcs • fat 36g • saturates 5g • carbs 37g • sugars 37g • fibre 7g • protein 8g • salt 0.6g

### Tonia's tip

If you have time to start with dried beans, you will really notice their firmer texture in the finished dish – they're much cheaper too.

If you are using dried beans, soak them in plenty of cold water, ideally for 12 hours, changing the water frequently. Drain, put in a saucepan and cover with cold water.

Bring to a steady boil (don't salt the water as this makes the beans tough), skimming off sediment as it rises to the surface. Change the water and bring to a simmer. Cover and cook for 1-1½ hrs until tender, then drain.





## Slow-cooked Greek Easter lamb with lemons, olives & bay

For an extra hit of garlic, gently squeeze the roasted (unpeeled) garlic cloves

from the bottom of the pan with the back of a spoon while the lamb rests. Mix the garlic into the pan juices before pouring over the meat.

**SERVES 6** **PREP** 20 mins plus resting **COOK** 4 1/2 hrs

**EASY** **IRON** **GLUTEN FREE**

- 1 garlic bulb, separated into cloves, half peeled and sliced, half unpeeled
- 8-10 fresh bay leaves
- 3 lemons, cut into quarters lengthways
- 2.5kg/5lb 8oz leg of lamb
- 50ml/2fl oz Greek extra virgin olive oil, plus 4 tbsp for the potatoes
- 1 tsp ground cinnamon
- 1kg/2lb 4oz Cypriot potatoes, peeled and quartered lengthways (if you can't find these, any large, waxy variety is fine - try Desirée)
- 140g/5oz Greek Kalkidis olives (or other large pitted green olives)
- 125ml/4fl oz red or dry white wine

- 1 Heat oven to 220C/200C fan/gas 7. Arrange the unpeeled garlic cloves, 3 bay leaves and the lemon quarters in a large roasting dish and cover with 200ml cold water. Sit the lamb on top, drizzle with the olive oil and rub it in all over.
- 2 Using a small sharp knife, cut small incisions in the lamb skin, then tuck the remaining peeled and sliced garlic and bay leaves into these slits.
- 3 Season the lamb well and sprinkle over the cinnamon. Cover tightly with foil and place in the oven. Immediately reduce the oven temperature to 150C/130C fan/gas 2. Leave to cook for 4 hrs, skimming the fat from the juices and removing the foil for the final 30 mins of cooking.
- 4 After 1 hr, put the potato wedges in a large roasting tin, coat them in 4 tbsp olive oil and season well. Roast in the oven with the lamb for 1 1/2-2 hrs.
- 5 Transfer the cooked lamb to a large piece of foil, wrap tightly and leave to rest for 20-30 mins. Check the potatoes are cooked (if you need to, turn the oven up to 220C/200C fan/gas 7 to finish cooking). Add the olives and wine to the pan juices, simmer them and keep warm until ready to carve. Serve the lamb thickly sliced with the olives, potatoes and Tahini & lemon sauce (see recipe on p79), with the meat juices poured over at the last minute.

**PER SERVING** energy 740 kcs • fat 43g • saturates 11g • carbs 28g • sugars 1g • fibre 4g • protein 59g • salt 1.8g



## Tonia's rose baklava

Take your time over building the layers, carefully brushing each sheet of pastry with a good coating of olive oil - it's well worth the effort.

**MAKES** about 16 pieces **PREP** 30 mins plus resting **COOK** 45 mins

**A LITTLE EFFORT**

### Greek yoghurt, to serve

#### FOR THE SYRUP

- 300g/11oz golden caster sugar
  - juice 1/2 lemon
  - 4 tbsp rosewater (not concentrated, see tip below)
  - 1 large cinnamon stick
- #### FOR THE BAKLAVA
- 75ml/2 1/2oz olive oil
  - 500g/1lb 2oz chopped almonds
  - 75g/2 1/2oz golden caster sugar
  - 2 tbsp ground cinnamon
  - 1/2 tsp ground cloves
  - 250g-270g pack filo pastry sheets
  - 150ml/1/4pt rosewater (not concentrated, see tip below)

- 1 Put all the ingredients for the syrup in a heavy-based saucepan, and add 400ml cold water. Stir over a gentle heat to dissolve the sugar, then bring to a steady simmer for 10 mins or until it becomes slightly syrupy. Leave to cool.
  - 2 Heat oven to 180C/160C fan/gas 4. Lightly brush the sides and base of a 23 x 33cm shallow ovenproof dish with a little of the oil.
  - 3 For the baklava, mix together the almonds, sugar, cinnamon, cloves and rosewater.
  - 4 Place 1 sheet of filo in the bottom of the dish and brush liberally with oil. (If the filo sheets are very large, cut them all in half before using.) Place another one on top and coat again with oil. Repeat this process of layering and brushing with oil until half of the filo sheets are used up. Now spread on the filling and cover with the remaining filo sheets, layering and oiling as before. Be sure to brush the top sheet with oil too. Score the top to form diamond-shaped slices.
  - 5 Bake in the oven for about 30 mins, increasing the heat for the last 5 mins to 200C/180C fan/gas 6 to give the pastry a light golden colour.
  - 6 Remove from the oven and immediately pour half the cooled rose syrup over the hot pastry. Leave to rest for at least 30 mins so the syrup can seep through the layers. Serve with big dollops of Greek yoghurt and the remaining syrup.
- PER PIECE** energy 476 kcs • fat 33g • saturates 4g • carbs 34g • sugars 25g • fibre 1g • protein 9g • salt 0.1g



## Tahini & lemon sauce

Although used here as a sauce, this is more like a dip in consistency. Dollop generously on the lamb before serving, or let your

guests help themselves.

**SERVES 6** **PREP** 10 mins plus chilling **NO COOK**

**EASY** **V** **GLUTEN FREE**

- 4 plump garlic cloves
- 3 tbsp tahini paste
- juice 2 lemons, plus extra to taste
- pinch of paprika, to garnish
- 1 tbsp olive oil (optional)

- 1 Crush the garlic with a good pinch of sea salt using a pestle and mortar or garlic press. Mix in the tahini paste with a balloon whisk.
- 2 Keep whisking as you slowly mix in the lemon juice - the tahini will lighten in colour and thicken. Taste it, and if you are happy, loosen slightly with a few tsp of water. If you prefer it more tangy, beat in more lemon juice. Cover and chill for 30 mins-1 hr. When ready to serve, sprinkle with paprika and drizzle with oil, if you like.

**PER SERVING** energy 84 kcs • fat 8g • saturates 1g • carbs 1g • sugars none • fibre 1g • protein 2g • salt none

## Greek salad for the table

Don't forget a big sharing bowl filled with a classic and simple Greek salad. Combine salad leaves like rocket with chopped parsley and coriander, black olives, sliced red onion, cucumber and chopped tomatoes. Dress simply with olive oil and lemon juice and sprinkle with feta.





قامت ثلاث مؤسسات تعاونية هي Chios Mastiha Growers Association (جمعية مزارعي المصطكي في خيوس) و-Agricul tural Cooperative of Kimi (جمعية كيمي التعاونية الزراعية) و-Mediterra S.A. بتوحيد جهودها وطاقتها ومواردها الديناميكية بهدف الترويج لمنتجاتها القيمة الشهيرة: Chios Mastiha



وKimi Figs - على مدار التاريخ وهي تنتج منتجات تجمع بين الجودة والنكهة الذكية كما أنها تحظى بحب منتجيها ورعايتهم. يحمل كلاهما تسجيل منتجات ذات "تسمية منشأ محمية" من قبل الاتحاد الأوروبي.

تقدم هذه المنتجات الفريدة في المعارض الدولية حيث يروج لها من خلال الإعلانات التلفزيونية والمطبوعة بالإضافة إلى أنشطة ذات صلة تقام في ٥ أسواق مختلفة هي: تركيا والسعودية والإمارات وروسيا وبيلاروسيا.



### Kimi Figs

Kimi fig هو منتج فريد يتم إنتاجه حصرياً في كيمي إيفيا، من ٢٥٠٠٠ شجرة من أشجار التين المحلية المتنوعة.

تتطلب خصائص أشجار التين المحلية المتنوعة هذه طريقة خاصة في إنتاج التين وتجفيفه. لا تواجه شجرة التين في كيمي أعداءً طبيعية كثيرة ومن ثم لا تحتاج إلى أساليب زراعية خاصة أو رعاية خاصة. فهي لا تتعرض إلى الرش وفي الغالب لا تتم معالجة التربة إلا بالمخصبات العضوية.



# mastiha & fig

Precious products of the Aegean



### Chios Mastiha

لا يتم إنتاج المصطكي إلا في خيوس ويكمن تفرده وتميزه في خصائصه العلاجية الفريدة ورائحته المميزة مما حقق له الشعبية والشهرة منذ أزمنة قديمة حينما تم الاعتراف بفوائده الصحية على نطاق واسع.

كما يكمن تفرده في استخداماته المتعددة حيث إنه محفور ومتعمق في ثقافة شعوب وحضارات مختلفة وبخاصة منطقة شرق المتوسط.

المصطكي (في شكله الطبيعي) عبارة عن عصارة راتنجية مستخلصة من جذوع وفروع شجرة المصطكي ويأتي في ثلاثة أنواع: كبير ووسط وصغير.



Chios gum أشهر منتجات المصطكي ويرجع إنتاجه إلى عام ١٩٥٨.

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[www.mastiha-fig.eu](http://www.mastiha-fig.eu)



الحدث ممول تمويلًا مشتركًا من قبل اليونان والاتحاد الأوروبي





# Gourmet Lifestyle

Travel, global cuisines, health, interviews, kitchens and more



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## IN THIS SECTION

\* Quique Dacosta takes us behind the scenes at Enigma, **P70** \* Take a gourmet staycation to Thai-inspired Anantara The Palm, **P75** \* Four top-tier chefs compete in our Chef of the Year Competition, **P94** \* Oliver Peyton invites you inside his home kitchen, **P103**



# *The Untold Story*

Debuting not only as the first in the Middle East, but in the world, Enigma at Palazzo Versace Dubai is a new avant-garde restaurant that will mesmerisingly change its dining concept and chef four times a year. First to take the reins is Spain's chef Quique Dacosta, who boasts a three Michelin-starred restaurant in Denia, ranking 39th on the World's 50 Best Restaurant list -Sophie McCarrick catches up with the man himself.





**enigma****noun**

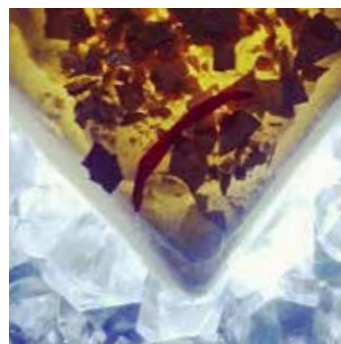
1. a person or thing that is mysterious or difficult to understand.

**R**eally hitting the nail on the head, the name couldn't be more spot on. Enigma is a restaurant that successfully tells an untold story to its diners – taking them on a multi-sensory journey with each course delivered. There's no menu at Enigma and the dining experience is served one pleasant surprise after another.

This restaurant is for the curious, slightly adventurous food lovers among us (so don't come expecting to tuck into steak and chips), and does a fantastic job of creating different chapters that showcase chef Quique's unique story and gastronomic vision.

Until April 12, the Spanish chef's 'vanguard' themed concept will be available six nights a week from 6:30pm to 10:30pm, before the next chef – also selected from the World's 50 Best Restaurant list – takes the helm. Enigma acts as a blank canvas for chefs to come in and deliver their stories how they wish, and this is exactly what Quique has done.

Avant-garde chef Quique is completely self-taught and really knows how to convey attention to detail in his food – each dish a







masterpiece in itself. Bringing the dining room – which is designed in a very minimalistic way – to life, he puts on an interactive culinary show to remember, through flavour, texture, presentation and unique imagination.

“It is incredible to bring my cuisine to other parts of the world. I’m thrilled to make my mark in Dubai under Palazzo Versace and I hope that diners enjoy Enigma and my culinary selection, which has deep Mediterranean roots and avant-garde influences, as much as I will enjoy the experience,” he says.

Here’s a little bit more of what chef Quique had to say....

**So, where did you find your passion for cooking?**

Simply in the kitchen, spending hours in it cooking, getting my hands on products, and preparing food. Nothing excites me more than creating new dishes and learning everything there is to know about being a good chef.

**What took you down the avant-garde route in the kitchen?**

Well, as a self-taught chef like me who has to imagine steps for preparing dishes that can’t be found in cookbooks, I found it fascinating that you could start a new recipe by being completely intuitive and by using very different methods of preparation, that’s where it all began.

**What’s your take on the Middle East’s culinary scene?**

I can’t rate it because it wouldn’t be fair. I’m new here, but I see enormous enthusiasm around me and believe many great things are possible here. However, I think Dubai is a really special place for great gourmet restaurants.

**For diners visiting Enigma, what can they expect?**

The Palazzo Versace has created a unique, distinct atmosphere. What I can tell you is that I’ll give it all that

I have, and share my passion and my cooking techniques. We’ve created a delightful experience that everybody seems to enjoy so far.

**Where did your inspiration for creating the tasting menu at Enigma come from?**

Well, I was given a blank slate and was able to do whatever I wanted. So, with that in mind I focused on two main things: guest satisfaction, and remaining true to my roots.

**What’s your advice to diners who have yet to experience Enigma?**

I recommend that you come with an appetite, while keeping an open mind during the experience.

**For home cooks looking to get innovative, what’s a starters technique to begin with?**

The art of technique is all about developing a humble attitude towards creativity in the kitchen. Innovation is the combination of a number of elements. You should be eager to learn, ready to work hard, have a knack for cooking and show a simple, gentle character. All of these components create a powerful combination, which creates the best results. I’d tell cooks to persevere and develop the attitude I’ve just defined – the rest will follow.

**What are your most and least used cooking techniques?**

It all depends on the menu. But on a whole, sautéing is probably the most traditional cooking technique I most frequently use. Sautéing forms an important part of our [Spanish] cuisine.

**Do you have plans for further expansion here in Dubai?**

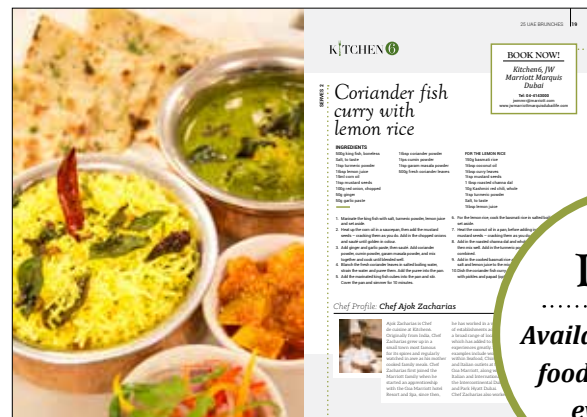
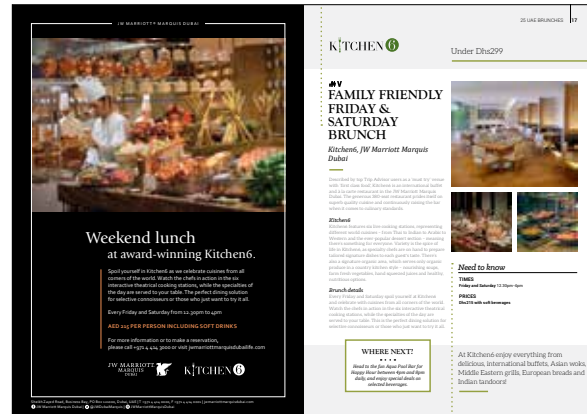
I’d like to. Finding the people wanting to develop restaurant projects would be enriching. But you have to work with individuals or companies who know what they want to do and are passionate about it. Let’s see!

To enjoy chef Quique’s experience, book via [www.enigmadx.com](http://www.enigmadx.com). For the complete tasting menu, excluding grape pairing, the experience costs *Dhs*750 on weekdays and *Dhs*850 on weekends.



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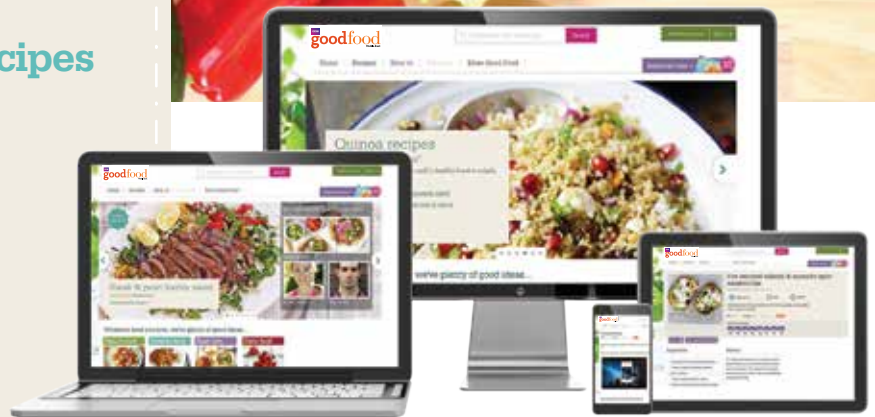


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# Tried & *rested*

This month we discover a desirable culinary getaway from within the region

## ANANTARA DUBAI THE PALM RESORT & SPA

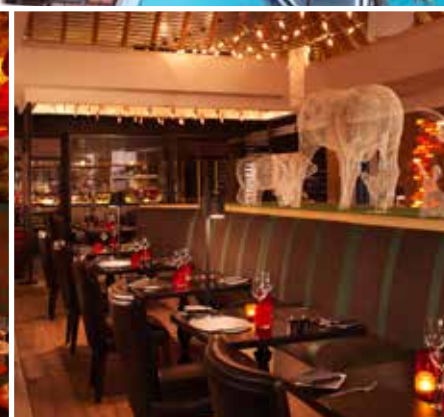
**Where:** If you're looking for a weekend escape but don't want the hassle of airport travel or Thursday night traffic out of the city, Anantara Dubai located on the East Crescent of Palm Jumeirah, is the perfect place to head. It's a resort that not only boasts stunning skyline views of Dubai and a fantastic range of varied F&B outlets - it's a trip to the beautiful surroundings of Asia - minus the long-haul flight. From the moment you arrive at the Thai-inspired property, expect to see classy little tuk tuks transporting guests from A to B, friendly front of house staff offering greetings in the renowned, traditional Thai way (gorgeously scented lemongrass towels and all), and the most awe-inducing flower display as you enter the lobby. With 293 luxurious rooms and villas on offer (including fabulous Maldives-style over water villas), you'll be spoilt for choice - particularly because the resort is build around an idyllic lagoon (AKA a very cool, giant swimming pool!), which you're able to swim into directly for most room balconies.

### Facilities & amenities:

If swimming around the lagoon isn't enough to keep you busy, Anantara Dubai is set upon a 400-metre beach, where you'll find another swimming pool to cool down in. There's not only a club for the children, but also a separate pool, play area and teenagers club, plus two tennis courts, state-of-the-art gyms and a range of fun water sports available. Whilst the kids are taken care of, take a trip to the Anantara Spa, where you'll find European-style wet facilities, heated Ayurvedic tables, a Hammam suite, Thai massage suite and more to ensure optimum relaxation.

### What we ate:

Taking our Thai experience to the next level was an evening spent at Mekong, the resort's Asian



restaurant, which interestingly combines Thai, Vietnamese and Chinese cuisines under one roof. We kept things Thai, and enjoyed dishes including a flavoursome green Thai curry, cashew chicken, a range of starters (including items from the pork menu), and my favourite to finish - mango with sticky rice. Mixing things up a little on the second night, we opted to transport down under for rustic Aussie fare at Bushman's Australian Bar & Grill. This was probably my favourite restaurant of the staycation. Offering a really welcoming, relaxing atmosphere, paired with chilled sounds of a live guitarist singing the likes of John Mayer, Ed Sheeran and Jack Johnson, the eatery is cosy and features a look-in kitchen. To eat, we shared a starter platter that allowed us to sample specials from down under, including seared Emu fillet, Eucalyptus smoked Tasmanian salmon, goats cheese and more. For mains, we enjoyed a meaty feast of Wagyu tenderloin and Kangaroo sirloin - it was an authentic experience to say the least. Other outlets at the resort include The Beach House, which is perched beachside, serving Mediterranean cuisine. For before or after dinner drinks or snacks, there's also The Lotus Lounge (a perfect spot to watch the sunset!), or alternatively the Mai Bar (Arabic for water), a swim-up bar where you're able to enjoy a wide-range of cocktails and mocktails. To kick-start the day, a midday snack, dinner, or an extravagant brunch on Friday's the Crescendo restaurant is Anantara's all-day international outlet, serving up delicacies to suit all tastes.

**Best for:** A relaxing, luxurious weekend away with your other half, family or friends.

**If you want to go:** From Dhs2,300 per night. Call 04-5678888 | E-mail [dubaipalm@anantara.com](mailto:dubaipalm@anantara.com) | Website [www.dubai-palm.anantara.com](http://www.dubai-palm.anantara.com)



Sophie McCarrick



# Culina-reads

We take a look at a selection of the hottest cookbooks on the market.

## Plated Heirlooms

By Dima Al Sharif

UAE-based chef and blogger Al Sharif has delivered a 500-page book exploring her native Falasteen (Palestine) and its rich culinary history - probably the least known of the regional cuisines. Dima, who grew up as part of the Palestinian diaspora in Jordan, was always surrounded by quality food. Her family owned the first and largest citrus farms in Jordan and she took quality food for granted. It was her move to Dubai and motherhood that awakened in her how important food is as part of culture. Missing the home-cooked meals she grew up with, she developed a career as a professional chef but found most satisfaction in sharing family recipes.

Whilst most often thought of in terms of conflict, Palestine for such a small country has complex variety of cooking styles and traditions, which have grown out of the nation's complex history. Overlaying cuisines from different regions, there are also the influences left behind by conquerors, trade partners and the wider diaspora. Even with a book this size Al Sharif has only begun to share the Palestinian culinary heritage, one largely ignored in the literature until now.

Although Palestine's dishes share much with neighbouring countries, Al Sharif has been keen to demonstrate how many are distinct.

This is an important, ground-breaking piece of work - part scholarship, part passion, part history but mostly intriguing food. How long will it be till restaurants pick up on this cuisine we're wondering?

**Dhs260, available at The Farmers Markey, Bay Avenue or The Change Initiative.**

## Plated Heirlooms



STORIES & RECIPES THROUGH GENERATIONS  
OF PALESTINIAN COOKING

By Dima Al Sharif





# ALL IN GOOD TASTE

**Edited by Holly Dolce and Rebecca Kaplan**

In line with the general Kate Spade New York design ethos, this minimal guide to entertaining from food to 'good manners' treats food as part of its wider lifestyle accessories and fashion brand.

In other words, don't look here for a challenging collection of recipes that will dazzle friends and family. Instead it's a potpourri of how-tos, personal notes, anecdotes and - oh yes - some recipes. In that sense, it's more like a lifestyle guide, but presented beautifully and worth dipping into. Whether those dips are worth the outlay is problematic, unless you like cookbooks as design elements to a room rather than practical handbooks.

**Dhs150, available at Kate Spade New York stores across the UAE.**



# THE DEAN & DELUCA COOKBOOK

**By David Rosengarten with Joel Dean and Giorgio DeLuca**

Although Dean & DeLuca recently launched their UAE debut store in Mall of the Emirates, the first store opened in 1977 in New York's SoHo in lower Manhattan. The area has long been a style centre, but the gourmet food store was one of the pioneers in changing the run down and industrial district of New York. Key early on was style: a turn of the century food department, with ceiling fans spinning over a vast array of products that lined the soaring white walls. Typical of its approach was that it was the first store to import radicchio... And now the cookbook: 450 pages of solid, everyday recipes that allow the produce to shine, mostly from Mediterranean cuisines. It's the kind of book that could be 'the only one' on your shelves. Just such a shame that there is no photography.

**Dhs85, available on Amazon.**

# RIGHT BITE'S LITTLE BOOK OF HEALTHY SECRETS

**By The Right Bite Company**

Established in Dubai a decade ago, Right Bite Nutrition delivers fresh, personalised, healthy meals direct to clients, focusing on a long-term strategy rather than quick fixes. Part of the solution is a licensed dietician that oversees clients' personal nutritional requirements, with meals delivered direct. The book is full of everyday dishes from paella to Mediterranean chicken burgers, but with a focus on healthy options.

**Dhs125, available at The Right Bite Nutrition Centre and at Nathalie's Café.**







# MEET THE WINNERS

Made up of 28 individual dining categories, The BBC Good Food Middle East Awards celebrate the best in food from across the region annually. In its sixth year, the consumer vote-based awards saw finalists and industry professionals come together for an afternoon of enjoyment on February 15, 2016 at the Habtoor Grand Beach Resort & Spa, where winners of these awards were revealed to the public. These are the only awards of its kind to offer recognition not only to various restaurants across different categories, but also to the region's best loved culinary brands to get their customers' stamp of approval. Here we share with you a glimpse of the day, and celebrate the achievement of our winners!











## HOME COOKING CATEGORY



SPINNEYS

WINNER

The finalists for  
'favourite supermarket' were:

- CARREFOUR
- CHOITHRAM'S
- LULU'S HYPERMARKET
- SPINNEYS
- WAITROSE



RIPE MARKET

WINNER

Finalists for the Middle East's  
'favourite healthy food store/market' were:

- DEL MONTE FRESH MARKET
- JONES THE GROCER
- ORGANIC FOODS AND CAFE
- RIPE MARKET
- SPINNEYS



## HOME COOKING CATEGORY



NESTLÉ

WINNER

The finalists for  
'favourite store cupboard  
brand' were:

- BOB'S REDMILL
- DEL MONTE
  - HEINZ
- LURPAK
- NESTLÉ



DEL MONTE

WINNER

Finalists for  
'favourite beverage  
brand' were:

- DEL MONTE
- GO COCO
- LIPTON
- NESPRESSO
- SAN PELLEGRINO



LURPAK

WINNER

The finalists for  
'favourite dairy brand'  
were:

- AL AIN DAIRY
- AL RAWABI
- ALMARAI
- FONTERRA
- LURPAK



## ACCESSORIES CATEGORY



LAKELAND

WINNER

The finalists for  
'favourite kitchen retailer' were:

- CRATE & BARREL
- HOMES R US
- JASHANMAL
- LAKELAND
- TAVOLA



IKEA

WINNER

The finalists for  
'favourite kitchen furniture  
specialist' were:

- CRATE & BARREL
- DUBAI GARDEN CENTER
- IKEA
- MARINA HOME
- THE ONE



MIELE

WINNER

Finalists for  
'favourite kitchen appliance  
brand' were:

- BREVILLE
- DELONGHI
- KENWOOD
- MIELE
- SAMSUNG



## BLOGGER CATEGORY



SAMANTHA WOOD, FOODIVA

WINNER

The finalists for  
'best blogger' were:

- ISHITA SAHA, ISHITAUNBLOGGED.COM
- KAREN MCCLEAN, SECRETSQUIRRELFOD.COM
  - SALLY PROSSER, MY CUSTARD PIE
  - SAMANTHA WOOD, FOODIVA
- SUMATI MENDA, VEGGIEBUZZ.COM



## CASUAL DINING CATEGORY



REFORM SOCIAL &  
GRILL, THE LAKES

WINNER

Finalists in the  
'best casual dining outlet' were:

- DUNES CAFÉ, SHANGRI-LA DUBAI
- FUME, PIER 7
- REFORM SOCIAL & GRILL, THE LAKES
- SUN& THE PALM JUMEIRAH
- THE SUM OF US, DUBAI



TOM & SERG

WINNER

The finalists are for  
'best healthy eating outlet' were:

- BESTRO, LAFAYETTE GOURMET
- PANTRY CAFÉ, BUSINESS BAY
- QBARA, WAFI CITY
- THE FARM AT AL BARARI
- TOM & SERG



TASTE KITCHEN

WINNER

Special recognition award for  
'healthy eating'



## FINE DINING CATEGORY



BUBBALICIOUS, WESTIN  
DUBAI MINA SEYAH

WINNER

The finalists for  
'best brunch' were:

- AL QASR, JUMEIRAH DUBAI
- BUBBALICIOUS, THE WESTIN DUBAI MINA SEYAH
- SAFFRON, ATLANTIS THE PALM
- TALK & SOUL, MOVENPICK HOTEL JUMEIRAH BEACH
- TRAITEUR, PARK HYATT HOTEL



AL QASR, JUMEIRAH DUBAI

WINNER

Special recognition award  
for 'best brunch'

- AL QASR, JUMEIRAH DUBAI



LA PETITE MAISON, DIFC

WINNER

The finalists for  
'best European restaurant' were:

- ELIA, MAJESTIC HOTEL
- LA PETITE MAISON, DIFC
- SOCIAL BY HEINZ BECK, WALDORF ASTORIA THE PALM
- THE IVY, JUMEIRAH EMIRATES TOWERS
- TRAITEUR, PARK HYATT HOTEL



## FINE DINING CATEGORY



PIERCHIC, JUMEIRAH AL QASR

WINNER

Finalists for  
'best romantic restaurant' were

- 101 DINING LOUNGE AND BAR, ONE&ONLY THE PALM DUBAI
- PIERCHIC, JUMEIRAH AL QASR
- THIPTARA, THE PALACE DOWNTOWN DUBAI
- THE BEACH HOUSE, ANANTARA THE PALM
- PAI THAI, JUMEIRAH AL QASR



HAKKASAN, JUMEIRAH  
EMIRATES TOWERS

WINNER

The Finalists for  
'best Asian restaurant' were:

- ASIA ASIA, PIER 7
- BENIHANA, AMWAJ ROTANA
- CHINA GRILL, THE WESTIN
- HAKKASAN, JUMEIRAH EMIRATES TOWERS
- ZUMA, DIFC



RANG MAHAL BY ATUL KOCHAR,  
JW MARRIOTT MARQUIS DUBAI

WINNER

The finalists for  
'best Indian restaurant' were:

- ANANTA, THE OBEROI
- JUNOON, SHANGRI-LA DUBAI
- MINT LEAF OF LONDON
- RANG MAHAL BY ATUL KOCHHAR, JW MARRIOTT MARQUIS DUBAI
- TRESIND, RADISSON ROYAL HOTEL



## FINE DINING CATEGORY



TORO TORO,  
GROSVENOR HOUSE

WINNER

Finalists for  
'best Latin American restaurant'  
were:

- COYA, FOUR SEASONS RESORT
- GARDEN, JW MARRIOTT MARQUIS DUBAI
- GAUCHO, DIFC
- LA PARILLA, JUMEIRAH BEACH HOTEL
- TORO TORO, GROSVENOR HOUSE



CLE, DIFC

WINNER

Finalists for the  
'best Middle Eastern restaurant'  
were:

- CLE, DIFC
- MARJAN, WALDORF ASTORIA RAS AL  
KHAIMAH
- OMNIA BY SILVENA
- QBARA, WAFI DUBAI
- REEM AL BAWADI



CATCH DUBAI

WINNER

Finalists for the  
'best seafood restaurant' were:

- BICE MARE, SOUK AL BAHAR
- CATCH DUBAI
- PIERCHIC, JUMEIRAH AL QASR
- SALT, RIXOS THE PALM
- SEA FU, FOUR SEASONS RESORT



## FINE DINING CATEGORY



THE SCENE, PIER 7

WINNER

Finalists for  
'best contemporary British  
restaurant' are:

- DHOW & ANCHOR, JUMEIRAH BEACH HOTEL
- REFORM SOCIAL & GRILL, THE LAKES
- RHODES W1, GROSVENOR HOUSE
- RIVINGTON GRILL, SOUK AL BAHAR
- THE SCENE, PIER 7



LEXINGTON GRILL, WALDORF  
ASTORIA RAS AL KHAIMAH

WINNER

The finalists for  
'best steak house' were:

- LEXINGTON GRILL, WALDORF ASTORIA RAS AL KHAIMAH
- PRIME68, JW MARRIOTT MARQUIS DUBAI
- SEAFIRE, ATLANTIS THE PALM
- THE EXCHANGE GRILL, FAIRMONT DUBAI
- THE RIB ROOM, JUMEIRAH EMIRATES TOWERS



NOIRE, FAIRMONT DUBAI

WINNER

Finalists for  
'best experimental restaurant'  
were:

- BATEAUX DUBAI
- BENIHANA, AMWAJ ROTANA
- NOIRE, FAIRMONT DUBAI
- PACHA IBIZA DUBAI
- THE ACT, SHANGRI-LA DUBAI



## FINE DINING CATEGORY



RHODES TWENTY10,  
LE ROYAL MERIDIEN

WINNER

The finalists for  
'best fine dining restaurant' were:

- CUT BY WOLFGANG PUCK
- JEAN-GEORGE, FOUR SEASONS RESORT
- REFLETS PAR PIERRE GAGNAIRE,  
INTERCONTINENTAL DUBAI FESTIVAL CITY
- RHODES TWENTY10, LE ROYAL MERIDIEN
- SOCIAL BY HEINZ BECK, WALDORF  
ASTORIA THE PALM



NOBU, FOUR SEASONS DOHA

WINNER

Finalists for  
'restaurant of the year – Doha' were:

- AL NAHHAM, ANANTAR BANANA ISLAND  
DOHA
- HAKKASAN ST REGIS DOHA
- IDAM BY ALAIN DUCASSE
- NOBU, FOUR SEASONS DOHA
- NOZOMI, KEMPINSKI THE PEARL



P&C BY SERGI AROLA,  
SHANGRI-LA ABU DHABI

WINNER

The finalists for 'best new  
restaurant – Abu Dhabi' were:

- ASIA DE CUBA, ST REGIS ABU DHABI  
CORNICHE
- CATCH SEAFOOD RESTAURANT, NATIONA  
RIVERIA ABU DHABI
- P&C BY SERGI AROLA, SHANGRI-LA ABU  
DHABI
- PEARLS BY MICHAEL CAINES, KUERMIAH  
ETIHAD TOWERS
- TODD ENGLISH'S OLIVES, THE RITZ  
CARLTON ABU DHABI



## FINE DINING CATEGORY



ASIA DE CUBA, ST REGIS  
ABU DHABI CORNICHE

WINNER

The finalists for  
'restaurant of the year – Abu  
Dhabi' were:

- ASIA DE CUBA, ST REGIS ABU DHABI CORNICHE
- BORDEAUX, SHANGRI-LA ABU DHABI
- CIRCO, INTERCONTINENTAL ABU DHABI
- MARCO PIERRE WHITE STEAKHOUSE & GRILL, FAIRMONT BAB AL BAHR
- ZUMA, MARYAH ISLAND



MARINA SOCIAL, INTERCON-  
TINENTAL DUBAI MARINA

WINNER

Finalists for  
'best new restaurant – Dubai'  
were:

- CATCH, DUBAI
- MARINA SOCIAL, INTERCONTINENTAL DUBAI
- MARINA
- NOVIKOV, SHERATON GRAND
- THE HIDE, AL QASR HOTEL
- THE SCENE, PIER 7



REFLETS PAR PIERRE GAG-  
NAIRE, INTERCONTINENTAL  
DUBAI FESTIVAL CITY

WINNER

Finalists for  
'restaurant of the year – Dubai'  
were:

- HAKKASAN DUBAI
- LA PETITE MAISON, DIFC
- RANG MAHAL BY ATUL KOCHHAR, JW • MARRIOTT MARQUIS DUBAI
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# Chef of the Year 2015

The region's four best chefs, as voted by *BBC Good Food Middle East* readership, recently battled it out in a Mystery Box cooking competition inspired by Peruvian products at the state-of-the-art Miele Kitchen, to take home the title 'Chef of the Year 2015'

## Meet our finalists!



★ **TRISTAN FARMER**  
CHEF PATRON AT MARINA  
SOCIAL, INTERCONTINENTAL  
DUBAI MARINA



★ **ROSALIND PARSK**  
HEAD CHEF AT  
PIERCHIC, JUMEIRAH  
AL QASR



★ **DARREN VELVICK**  
HEAD CHEF AT THE  
CROFT, DUBAI MARRIOTT  
HARBOUR HOTEL & SUITES



★ **BEN TOBITT**  
GROUP HEAD CHEF AT  
JUMEIRAH RESTAURANT  
GROUP

With two and a half hours to produce a gourmet starter, main and dessert each, the chefs were equipped with a pantry full of essential ingredients, in addition to a mystery box full of produce from Peru, of which they were required to use a minimum of 10 items from.

Going head-to-head in intervals of five minutes, the chefs had 45 minutes per course, before their dishes were presented to our expert-judging panel of industry professionals. It was a close competition, and the panel, comprising Michael Kitts, Director of Culinary Arts at The Emirates Academy, Reif Othman (last year's winner!), Director of Culinary at R.A.W Galadari Holding and Executive Chef at PLAY Restaurant and Lounge, H Hotel and Alvaro Silva Santisteban, Director of Trade & Investment Office of Peru, had their work cut out for them in choosing a winner.

To level the playing field, all judging for this competition was done blindly, and chefs were given a number for the judges to identify them with. Up against the clock, in a new kitchen and ingredients they had never worked with before, the chefs took on quite the challenge and before the final bell rang things got rather heated in the gallery!

After tough deliberation, the judges finally came to a final decision - revealing Chef Darren Velvick as BBC Good Food Middle East's Chef of the Year 2015 Competition winner!





*"You can't prepare for this type of competition because it's a mystery box, which in a way makes it easier because you just have to deal with it when you take that lid off!"*

*Chef Darren*



*"Peruvian food is very up and coming, so it was great to have the opportunity to work with it."*

*Chef Rosalind*







*"I started out quite confident, but as it progressively went on and I ran out of time and it got quite difficult, but I really enjoyed the whole experience!"*

*Chef Ben*

*"It was a challenge with some products that I'd never used before, but it was great fun to try something new!"*

*Chef Tristin*





## Here's what the judges thought...



*"It was a close one to call, and we had to take into consideration different factors too. The chefs are in an unusual environment so that's a factor to consider, plus it was a competition where they really had to go to their resources with what to use and how to use it, so it was a really tough call overall."*

*Michael Kitts*



*"It was really interesting, because some of the chefs were a little more familiar with the Peruvian products than others, and this shone through in their dishes. I'm sure in the future this competition will inspire them to experiment a little more with the new flavours in their kitchens. It was a very tight call between two chefs in the end."*

*Reif Othman – last year's Chef of the Year winner*



*"There were three main reasons why the winner was chosen, firstly because of their use of the Peruvian products and how the flavours were proposed on the plate, next it was the technique they used and the thought they had given to the use of the products, and the lastly, we thought the winner presented an overall meal – they really presented a menu that would represent that experienced had at a restaurant."*

*Alvaro Silva Santisteban*

## A peek inside the Peruvian mystery box

- |                         |                            |
|-------------------------|----------------------------|
| ✓ Organic cacao tablets | ✓ Rocoto                   |
| ✓ Peruvian shrimps      | ✓ Lúcumá pulp              |
| ✓ Peruvian scallops     | ✓ Yellow and purple potato |
| ✓ Paiche fish filet     | ✓ Purple corn              |
| ✓ Chirimoya pulp        | ✓ White and red quinoa     |
| ✓ Maracuyá pulp         | ✓ Purple olives            |
| ✓ Yuca                  |                            |



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## A Mediterranean Feast!

Our latest Food Club event last month saw a group of foodies come together at the new Marina Home Interiors Al Barsha showroom, where award-winning chef Reif Othman, head of culinary at the newly opened restaurant Play, H Hotel, and the ex-regional executive chef of Zuma Restaurants for Dubai, Abu Dhabi and Istanbul, showcased Mediterranean

flavours from his new restaurant. In Marina Home Interiors new 40,000sqft destination of discovery Food Club members not only got to taste the mouthwatering menu prepared by chef Reif, but also learnt how to make each dish during his live cooking demo – all while browsing the latest furnishing collections from Marina Home Interiors.

### MENU

*Here's what chef Reif made:*

#### STARTER

Salmon confit with pickle kombu, fennel and apple salad with yuzu lemon dressing

#### MAIN

Angus beef short ribs with spicy goma dressing and spring onion salad

#### DESSERT

Cheesecake with berries compote









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# MY KITCHEN

---

# Paul A Young

*The award-winning master chocolatier shows Holly Brooke-Smith  
his kitchen collections* Photographs David Cotsworth





**LEFT** 'I've had my Noddy egg cup since I was four years old - my brother had Big Ears. His hat keeps your egg warm!' **FAR LEFT** 'The old mustard pot holding my spoons is from a flea market in Tyneside. I go there with my parents every time I head back home to Durham'



**'I have recipes and domestic science books belonging to my mother, grandmother and great-grandmother'**

**A**fter training as a chef, Paul worked as head pastry chef at Marco Pierre White's restaurants, Quo Vadis and Criterion. He began to specialise in chocolate, and opened his first boutique shop in London, in 2006.

His imaginative flavours and passion for bean-to-bar chocolate have earned him a reputation as one of Britain's most exciting chocolatiers. He lives in central London with his partner, Hamza, and miniature dachshund, Billi. **Have you done much to the kitchen since you moved in?**

It was totally empty when we arrived, with just the base units and the dishwasher, which are still there. I hate closed cupboards and I didn't want to block off the wall, so we have open shelves where we can stack and hang everything. I like to cook creatively - it's all ready to grab and go. I also like the look of it.

**How do you organise things?**

The left shelves are for savoury cooking and the right is my sweet side. I also have a savoury

chopping board and one for tempering chocolate. I cook every single night, so the kitchen needs to work for whatever I'm doing. A lot of things in here are bits I've been given. My grandma used to keep eggs in the bread bin - we keep bread in it. The flour bin next to it is full of chocolate samples from other people.

**Are you drawn to old things?**

I don't like a lot of modern cookware because it doesn't seem to last very long. My old iron skillets and pancake-makers, for instance, are so heavy, but they work incredibly well. When I go anywhere, I like to collect crockery. If there's anything I can carry back from holiday, I will.

**Where do you normally eat?**

We used to have a dining table in here, but it meant there was nowhere to roll out pastry or plate up. So we moved our table to another room and I installed the central island. On a normal evening we tend to eat in the sitting room, which is connected to the kitchen.

**Is it always this light in here?**

Yes, we're lucky that we have windows on both

## HOW CHOCOLATE IS CHANGING

'So much has happened in the world of chocolate in the past 10 years. Expectations are higher and customers know which questions to ask now, which is good. And not just about cocoa bean origin - but also about specific flavour profiles, texture, colour.'

'Traditionally, you expected to spend a certain amount (and had to go to specific places) for 'good' chocolate, and you went to the supermarket for everyday or cooking chocolate. But now there's much more crossover. The chocolate taste test we did in the Good Food kitchen (April 2014 demonstrated that point - the Tesco bar of 43% Peruvian chocolate (Dhs8) shone out among lots of other artisan brands that were far more expensive. That's why it's important to keep trying new things.'

'Restaurants are also thinking more about the chocolates they're serving, and how to use it as an ingredient. I think one of the big trends for this year will be "inclusions", ingredients added to chocolate for extra texture and flavour. I have to say, though, that salted caramel is still one of the most popular flavours at my shops.'







**ABOVE** 'I love these old-style labels'  
**FAR LEFT** 'We have lots of enamelware - we had it at home as kids, it's funny that it's so trendy now. The black-and-white teapot is my mum's wedding present'  
**LEFT** 'I love my blue cups - they are by a lady on the Greek island of Zakynthos. She makes sheep's milk cheese and throws her own pottery'

sides, which means the sun rises on one side and sets on the other, so it's always lovely and light. When I cook, Billi, our miniature dachshund, sits at my feet, or basks in any available patch of sun, watching me cook.

#### Whose books are on your shelves?

My bookshelves are on the central island and are divided into sweet on top, savoury below. There are all sorts of books from my childhood, and from when I used to do sugar work. There are my own books in lots of different languages, and books by friends, such as John Whaite or Edd Kimber. I don't use books for inspiration, but it's just really nice to have them.

#### So where do you find inspiration?

From eating out or being open to trying new things, or just out of thin air! I think about a theme or a season, and the ideas flow. Sometimes it's about being in the kitchen without doing anything - just thinking.

*For information about Paul's three London shops in Bank, Islington and Soho, visit [paulayoung.co.uk](http://paulayoung.co.uk).*

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The prize draw for a two-night stay for two adults at Rome Cavalieri will be made at the end of March 2016. The prize is valid until January 31, 2017 (excluding Christmas, New Year's and Easter holidays). Reservations will be accepted starting from one month prior to arrival and are subject to availability. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. The winner must arrange their own flights to Rome, Italy.

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to enter this competition and simply answer this question:

**Where is Mövenpick Resort Petra located?**

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Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.



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## WIN! A SEAFOOD EXPERIENCE FOR 2 AT FLAVOURS, SHERATON ABU DHABI HOTEL & RESORT WORTH DHS500

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## WIN! BRUNCH FOR 2 AT AL FORSAN RESTAURANT, BAB AL SHAMS DESSERT RESORT WORTH DHS940

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## WIN! DINNER FOR 2 AT AZURA PANORAMIC LOUNGE, ST. REGIS ABU DHABI WORTH DHS600

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## WIN! BRUNCH FOR 2 PEOPLE INCLUDING HOUSE BEVERAGES AT SHORES, RAMADA PLAZA WORTH DHS650

Ramada Plaza JBR's all-day-dining restaurant, Shores Restaurant, offers popular themed-nights and Family Friday Brunch. Guests can indulge in a sumptuous 'trip around the world' with its international buffet and a lavish selection of desserts. Offering something for everyone, Shores is sure to create a memorable experience for its young guests with a dedicated Kid's Corner, which features various crafts and games. Shores restaurant also has an outdoor terrace that offers breakfast, lunch and dinner options.



To stand a chance to win these prizes, visit our competitions page on [www.bbcgoodfoodme.com](http://www.bbcgoodfoodme.com), or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

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